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Illinois Department of Public Health

Behavioral Risk Factors of Illinois Adults

April 1989

A Healthier Today For A Better Tomorrow

Behavioral Risk Factors of Illinois Adults

Illinois Department of Public Health
Office of Health Services
Center for Health Promotion

April 1989

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Forward

There is evidence that half of all deaths prior to age 75 are caused by unhealthy behaviors. As the evidence that certain health behaviors are precursors to disease and disability grows stronger, we realize that we have some control over our health. The next step in combating today's "Killers" is to identify who is at risk for death and disability.

The Behavioral Risk Factor Surveillance Systems' purpose is to identify who among our Illinois population is at risk of premature death or disability. This report of the BRFSS reveals the extent that Illinoisans jeopardize their own health. The information contained may be used for planning health promotion programs and targeting those programs in order to conserve health education promotion resources.

The Illinois Department of Public Health is pleased to provide this report of the Behavioral Risk Factor Surveillance System for the years 1984 through 1986. Questions regarding the BRFSS or this report should be directed to the staff of the Center for Health Promotion, Office of Health Services, Illinois Department of Public Health, 525 West Jefferson, Springfield, Illinois 62761, or telephone (217)785-2060.

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Introduction

Through the first part of this century health efforts focused on infectious diseases because they were the major reasons people died. Fortunately, these diseases were brought under control due to advances in sanitation, immunization and medicine. However, the leading causes of death have been replaced by a different set of diseases.

Today's leading causes of death can also be changed by directing efforts designed to prevent disease and promote health. *The Surgeon General's Report on Health Promotion and Disease Prevention* states, "seven of the ten leading causes of death could be substantially reduced if persons at risk improved just five habits: diet; smoking; lack of exercise; alcohol abuse; and use of antihypertensive medication."

Until recently, lack of information concerning the prevalence of risk taking behaviors hindered health professionals in their efforts to prevent unnecessary illness and death. To resolve this problem the Centers for Disease Control (CDC) has assisted many states, including Illinois, in the collection of data regarding personal health practices and behaviors. Illinois is one of the states conducting surveys using standard telephone interviewing techniques to determine prevalence of behavioral risks related to the leading causes of death.

The Behavioral Risk Factor Surveillance System (BRFSS) can provide:

1) the opportunity to compare risk factor prevalences among participating states;
2) the ability to monitor the state's progress in reducing risk behaviors over time; and
3) the means to measure state progress against national risk reduction objectives set forth in the *1990 Objectives for the Nation*.

More importantly, these data provide health planners a mechanism for identifying risk behaviors in population subgroups by age, race, sex and socioeconomic status.

Methodology

The BRFSS is an ongoing series of monthly surveys using a standardized questionnaire. It is a combined effort of the Illinois Department of Public Health (IDPH) and the Centers for Disease Control (CDC). The Department supervises the monthly surveys and provides the telephones, office space, interviewers and supplies. CDC provides financial assistance, the questionnaire, the methodology, training and data processing.

A telephone survey was considered more appropriate for this study than other survey methods because of its low cost, ease of administration, ease of reaching respondents and reliability. Telephone surveys are appropriate in areas where a significant portion of the population have telephone services. The percentage of Illinois households having telephones (93.3 percent) was considered adequate for purposes of the study.

The survey questionnaire was developed by the Centers for Disease Control from a list of common data items used by risk factor researchers. The survey instrument, approximately 55 questions, is organized into a series of modules. Modules contain questions on seat belt usage, hypertension, exercise, weight control, smoking, alcohol consumption and demographics. Although the questionnaire varies slightly from year to year, the modules identified remained constant. The questionnaire for 1986 may be found in Appendix B.

The sample is derived from Illinoisans at least 18 years of age and having a telephone in their residence. Telephone numbers are randomly generated by CDC using the first eight digits of the ten-digit telephone number. A "cluster" of 100 telephone numbers is randomly generated using the last two digits of the ten-digit number. These numbers are provided to the Illinois Behavioral Risk Factor Surveillance sample for initiation into the screening system. The clusters are screened by calling one randomly selected number. If this number is a residence the entire cluster of 100 numbers is selected for use. If the number is a non-working number, mobile

telephone, or is a business phone, the entire cluster is rejected. The goal is to complete three interviews for each cluster of numbers. The respondent is randomly chosen through the use of a selection process integrated into the questionn[illegible] that considers all persons residing in the household who are 18 years of age or older.

Interviews were conducted the second week of each month during week night, week day, and weekend survey sessions. Four outcomes are possible when a telephone number is dialed: 1) a completed interview; 2) a refusal to be interviewed; 3) a busy telephone; or 4) a non-working number or no answer after several rings. Standard procedures were followed to minimize the effects of non response when an attempt to interview is made. It took approximately 11 minutes to complete each interview.

The Illinois BRFSS completed 800 interviews in 1984, 1,148 in 1985, and 1,142 in 1986 for a total of 3,090. The data for these three years was combined to obtain a large sample and allow inference to some subgroups within the popuiation. Data presented in this report is unweighted and reflects only current practices. The report does not reflect history or frequency of health behaviors.

For each risk factor contained in this report, the error varies between 0.9 and 1.8 at the 95 percent confidence level. Due to the smaller sample size of some demographic groupings the error at the 95 percent confidence level will vary.

Centers for Disease Control

Definition of "At Risk" Categories

Smoking -	Respondents have smoked 100 cigarettes and smoke now.
Seat Belts -	Respondents reported they "sometime," "seldom," or "never" use seat belts.
Obesity -	Respondents at or above 120 percent of ideal weight. Ideal weight is defined as the mid-value of a medium framed person from the 1959 Metropolitan height-weight tables.
Sedentary Lifestyle -	Respondents reported sedentary or irregular activity level.
Hypertension -	Respondents who report they have been told their blood pressure is high more than once, or are on blood pressure medication, or their blood pressure is still high.
Drinking and Driving -	Respondents who report having driven after having too much to drink one or more times in the past month.
Acute Drinking -	Respondents who report having five or more alcoholic drinks on an occasion at least once in the past month.
Chronic Drinking -	Respondents who report an average of 60 or more alcoholic drinks a month.

A section is provided for each risk factor. The narrative, which begins each section, only provides a highlight of that risk factor. Graphs for each demographic grouping are contained within the section. A table of the prevalence of risk factors for each grouping may be found in the Appendix A.

Demographic Summary

A total of 3,090 interviews were conducted between 1984 and 1986. Demographic breakdowns are available for the age, sex, race, household income, education level and marital status. Tables of the demographic breakdown are listed below. For comparative purposes the Illinois 1985 population estimates are shown for age, sex and race.

	Respondents		Illinois Population Estimates	
	No.	Percent	No.	Percent
AGE				
18-24	397	12.8	1,368,700	16.2
25-34	765	24.8	2,022,400	23.9
35-44	615	19.9	1,500,400	17.8
45-54	367	11.9	1,097,100	13.0
55-64	433	14.0	1,089,200	12.9
65 plus	513	16.6	1,368,200	16.2
Total	3,090	100.0	8,446,000	100.0
SEX*				
Male	1,250	40.5	4,012,300	47.5
Female	1,840	59.5	4,433,700	52.5
Total	3,090	100.0	8,446,000	100.0
RACE*				
White	2,502	81.0	7,171,200	84.9
NonWhite	583	18.9	1,274,800	15.1
Unknown	5	.1	0	0
Total	3,090	100.0	8,446,000	100.0
HOUSEHOLD INCOME				
Less than $10,000	495	16.0		
$10,000 - $14,999	419	13.6		
$15,000 - $19,999	423	13.7		
$20,000 - $24,999	353	11.4		
$25,000 - $35,000	504	16.3		
Greater than $35,000	626	20.3		
Unknown	270	8.7		
Total	3,090	100.0		

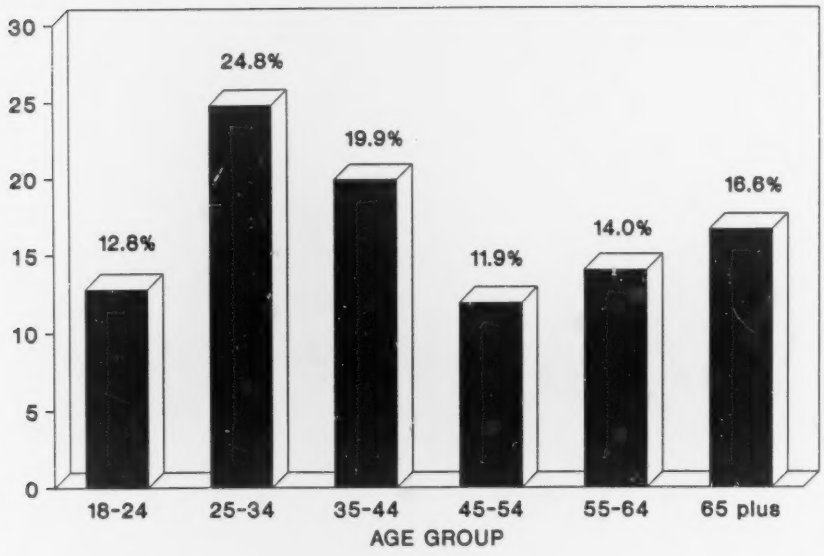
* Includes all age groups for 1985 Illinois population estimates.

	Respondents	
	No.	Percent
EDUCATION LEVEL		
Less than ninth grade	211	6.8
Some high school	349	11.3
High school graduate	1,012	32.8
Any technical school	127	4.1
Some college	727	23.5
College graduate	450	14.6
Post graduate	207	6.7
Unknown	7	.2
Total	3,090	100.0
MARITAL STATUS		
Married	1,636	52.9
Divorced	321	10.4
Widowed	386	12.5
Separated	80	2.6
Never Married	617	20.0
Unmarried Couple	46	1.5
Unknown	4	.1
Total	3,090	100.0

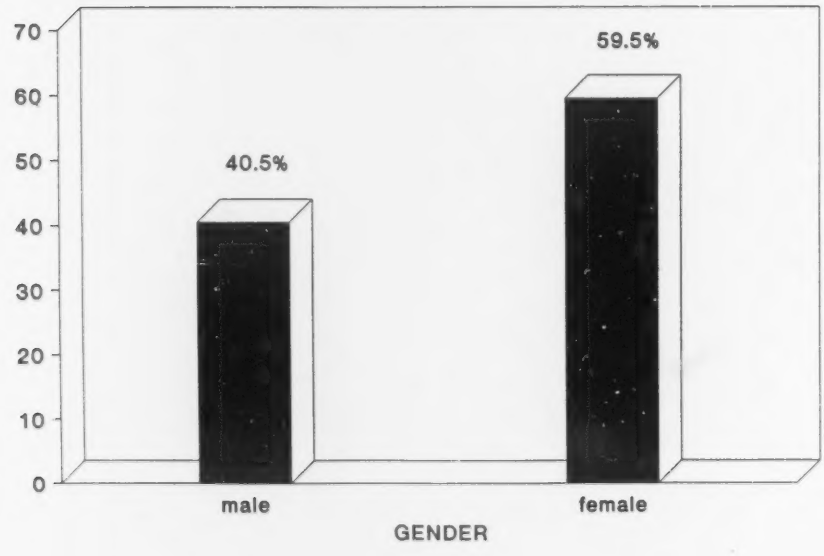
For this report, the males are under-reported, 40.5 percent compared to the state population of 48.5 percent. However, the sample size of 1,250 is sufficient to generalize the behavioral risk factors of Illinois males.

With regard to adequate sample size, all subgroups of the population are sufficient to generalize to the population, with the exception of those in the "any technical school" education level or the marital status groups of "separated" and "unmarried couple." These groups are shown in the tables in order to provide an indication of the behavioral risk factors they may possess.

AGE DEMOGRAPHICS
Illinois BRFS data 1984 - 1986

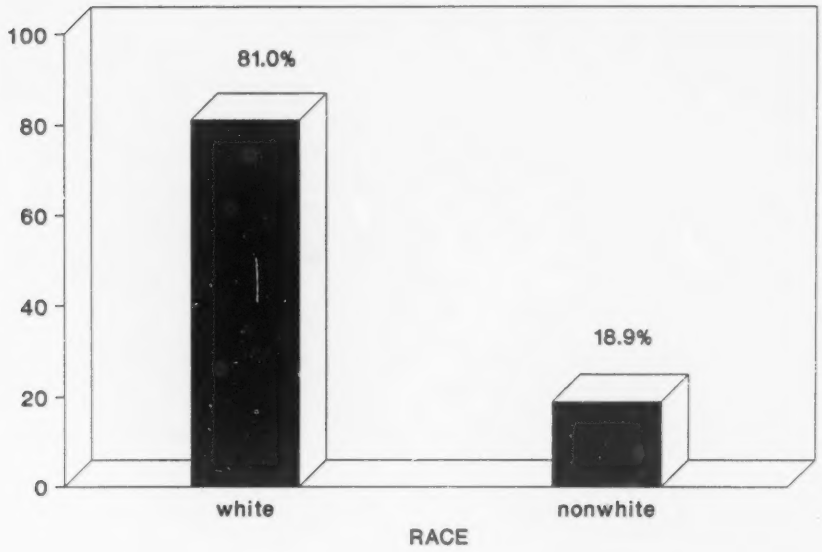


GENDER DEMOGRAPHICS
Illinois BRFS data 1984 - 1986



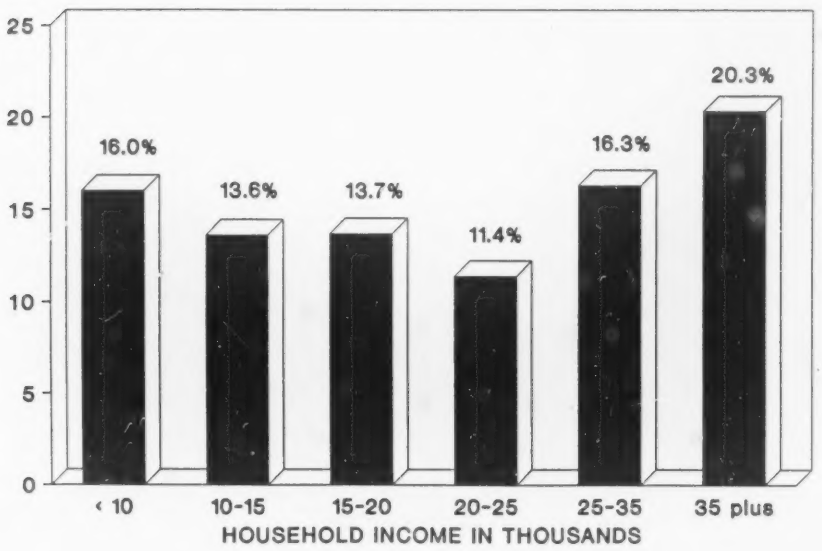
RACE DEMOGRAPHICS

Illinois BRFS data 1984 - 1986

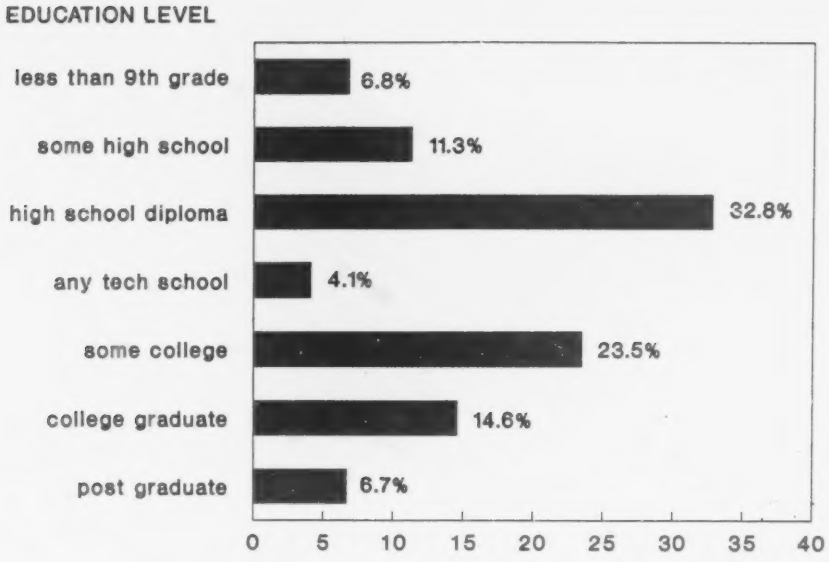


HOUSEHOLD INCOME DEMOGRAPHICS

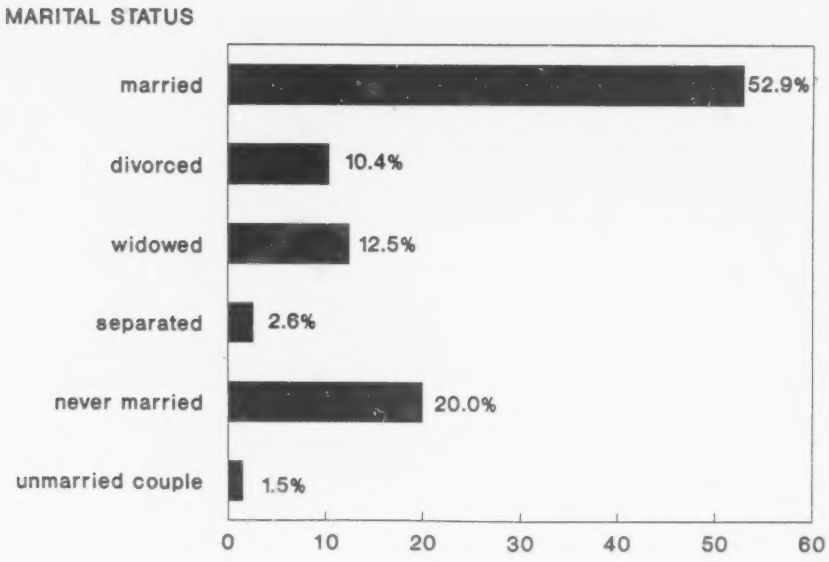
Illinois BRFS data 1984 - 1986



EDUCATION LEVEL DEMOGRAPHICS
Illinois BRFS data 1984 - 1986



MARITAL STATUS DEMOGRAPHICS
Illinois BRFS data 1984 - 1986



Tobacco

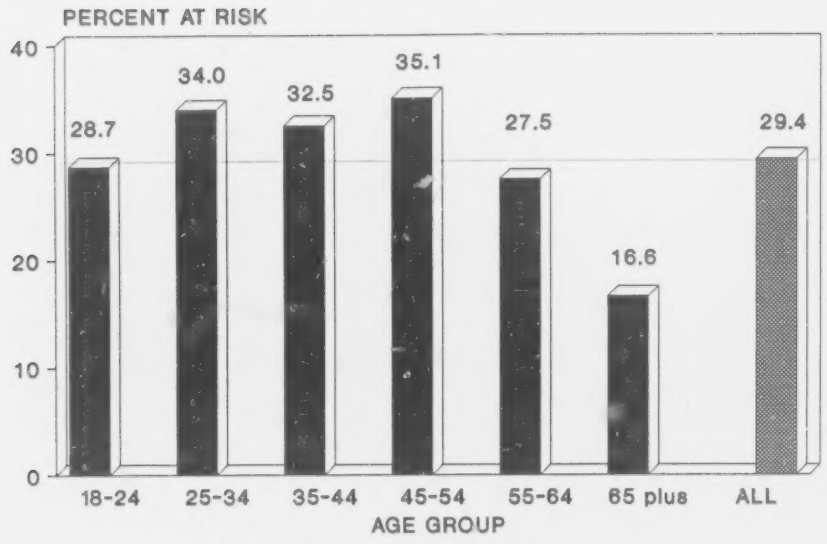
The Surgeon General has stated that cigarette smoking continues to be the number one cause of preventable death in the United States. Cigarette smoking substantially increases the risk of heart disease, lung cancer and respiratory diseases.

Among adult Illinoisans, 29.4 percent are smokers. Males (31.5 percent) are more likely to be smokers than females (27.9 percent). Divorced people have the highest percentage of smokers (41.7 percent) by marital status. Of the age groups, the most smokers are found in the ages 45 - 54 (35.1 percent) and 25 - 34 (34.0 percent).

When the population is divided by educational level three groups have a prevalence rate higher than the state as a whole. Those groups are: some high school education (34.1 percent); high school diploma (35.7 percent); and attended technical school (38.6 percent). A negative correlation cannot be made between smoking and educational levels because the group with less than a ninth grade education (18.5 percent) has almost as low a prevalence as those with a post graduate degree (17.9 percent).

SMOKING BY AGE GROUPS

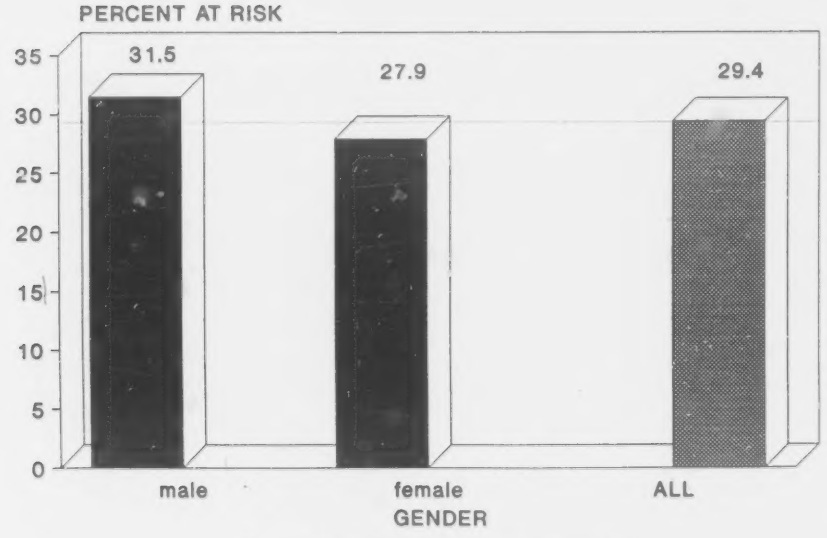
Illinois BRFS data 1984 - 1986



Respondents have smoked 100 cigarettes and smoke now.

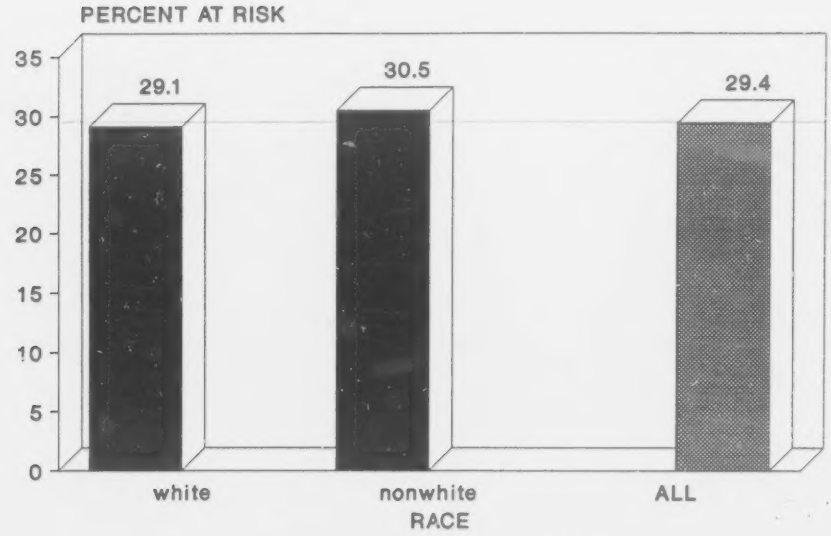
SMOKING BY GENDER

Illinois BRFS data 1984 - 1986



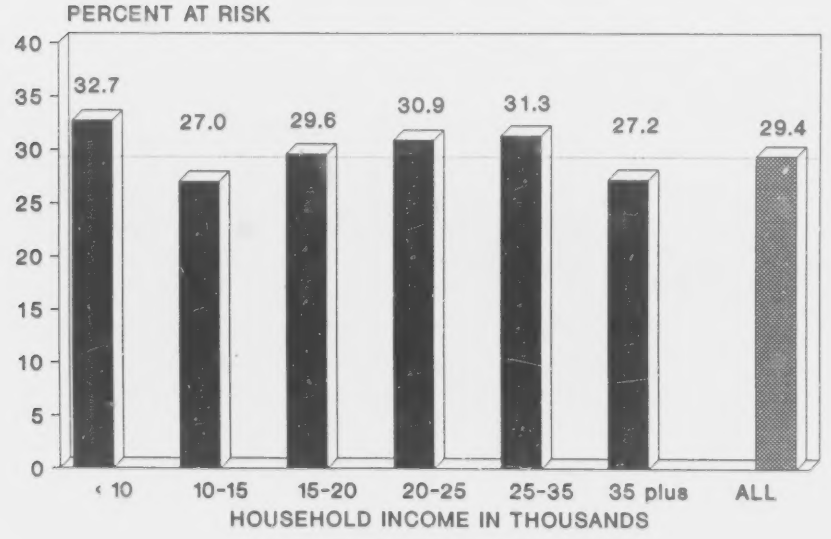
Respondents have smoked 100 cigarettes and smoke now.

SMOKING BY RACE
Illinois BRFS data 1984 - 1986



Respondents have smoked 100 cigarettes and smoke now.

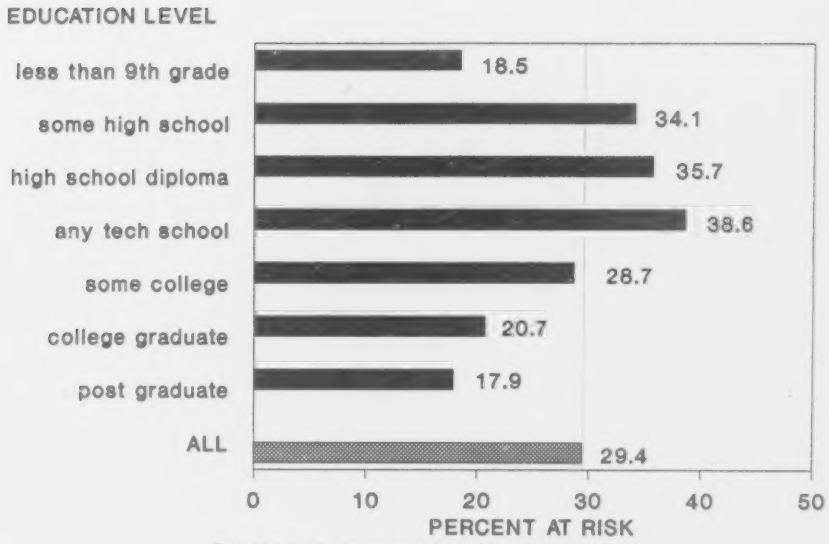
SMOKING BY HOUSEHOLD INCOME
Illinois BRFS data 1984 - 1986



Respondents have smoked 100 cigarettes and smoke now.

SMOKING BY EDUCATION LEVEL

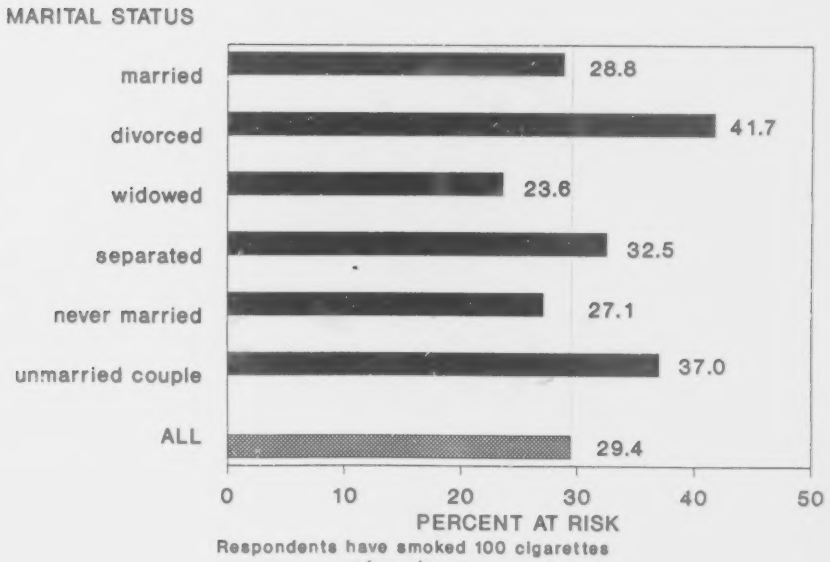
Illinois BRFS data 1984 - 1986



Respondents have smoked 100 cigarettes and smoke now.

SMOKING BY MARITAL STATUS

Illinois BRFS data 1984 - 1986



Respondents have smoked 100 cigarettes and smoke now.

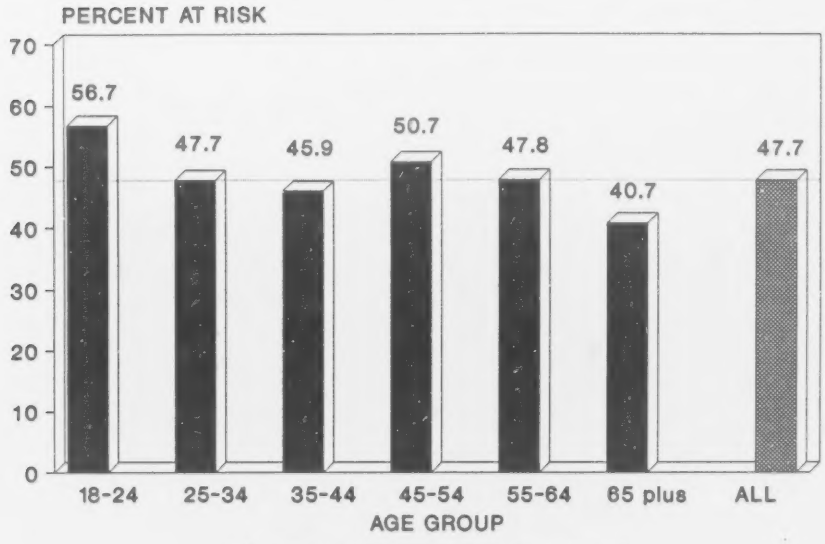
Seat Belt Use

Motor vehicle accidents were the seventh leading cause of death in Illinois between 1984 and 1986, representing 5,173 deaths. Estimates indicate approximately half of these lives could have been saved if the people involved in the accidents had been wearing seat belts.

The 18-24 year olds were at greatest risk for lack of seat belt use at 56.7 percent. There was some negative correlation between education level and lack of seat belt use. Divorced adults (51.1 percent) and never married adults (51.7 percent) were also at greater risk for lack of seat belt use.

SEAT BELTS BY AGE GROUPS

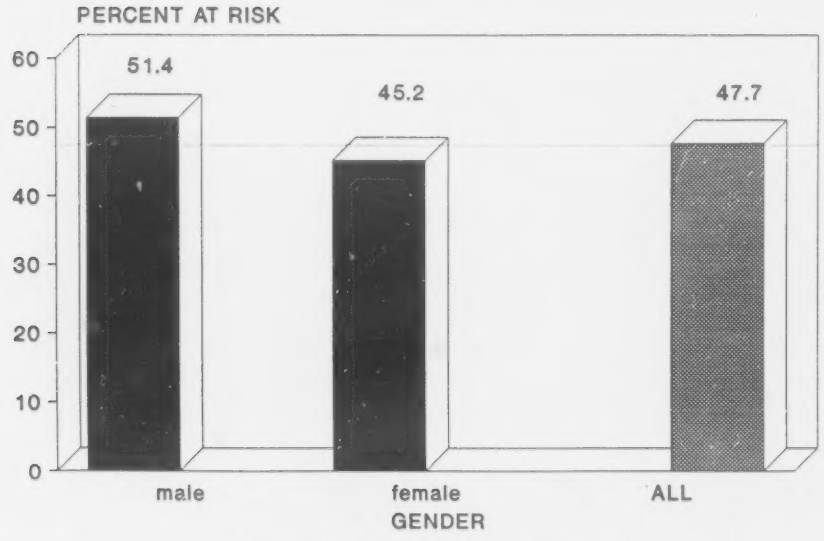
Illinois BRFS data 1984 - 1986



Respondents reported they "sometimes", "seldom" or "never" use seat belts.

SEAT BELTS BY GENDER

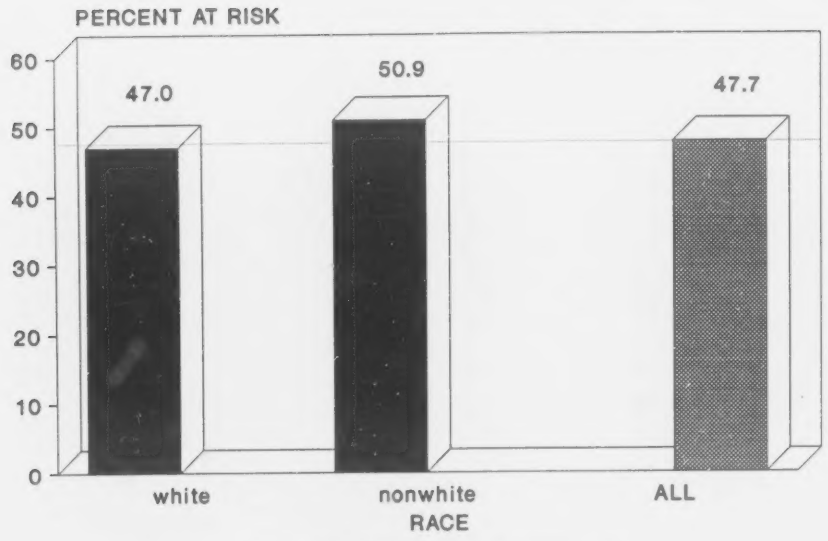
Illinois BRFS data 1984 - 1986



Respondents reported they "sometimes", "seldom" or "never" use seat belts.

SEAT BELTS BY RACE

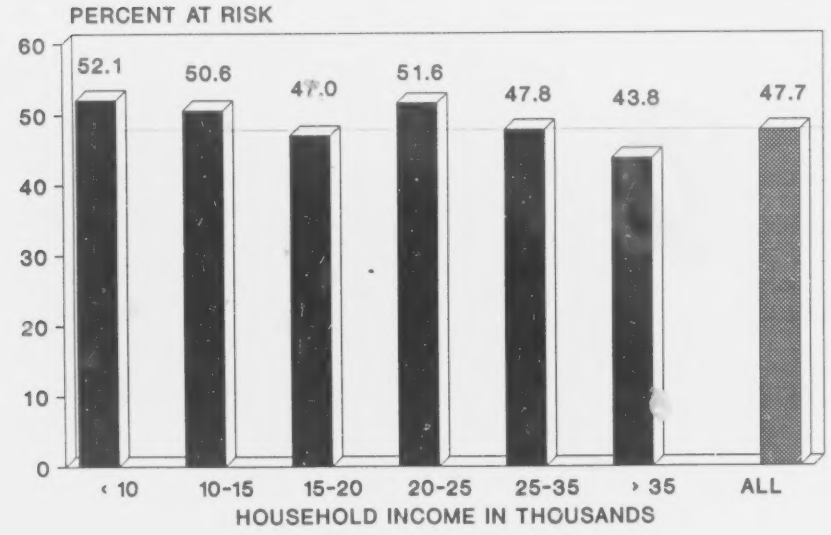
Illinois BRFS data 1984 - 1986



Respondents reported they "sometimes", "seldom" or "never" use seat belts.

SEAT BELTS BY HOUSEHOLD INCOME

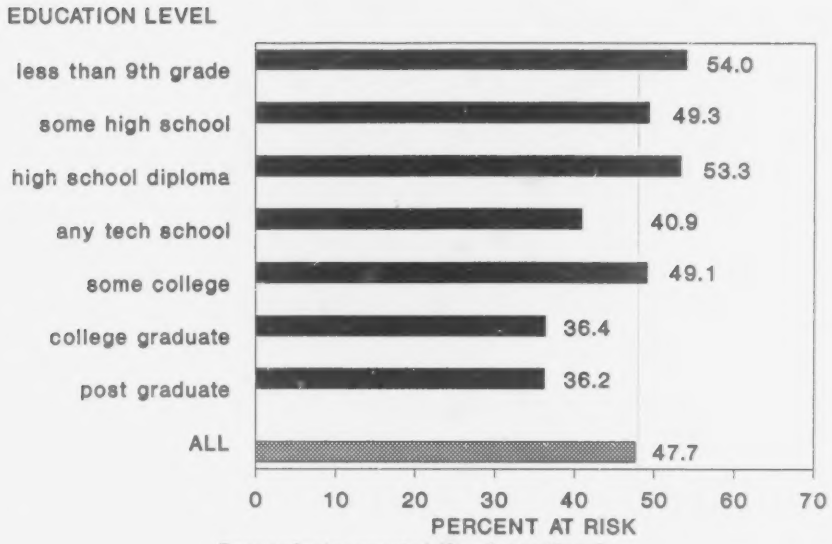
Illinois BRFS data 1984 - 1986



Respondents reported they "sometimes", "seldom" or "never" use seat belts.

SEAT BELTS BY EDUCATION LEVEL

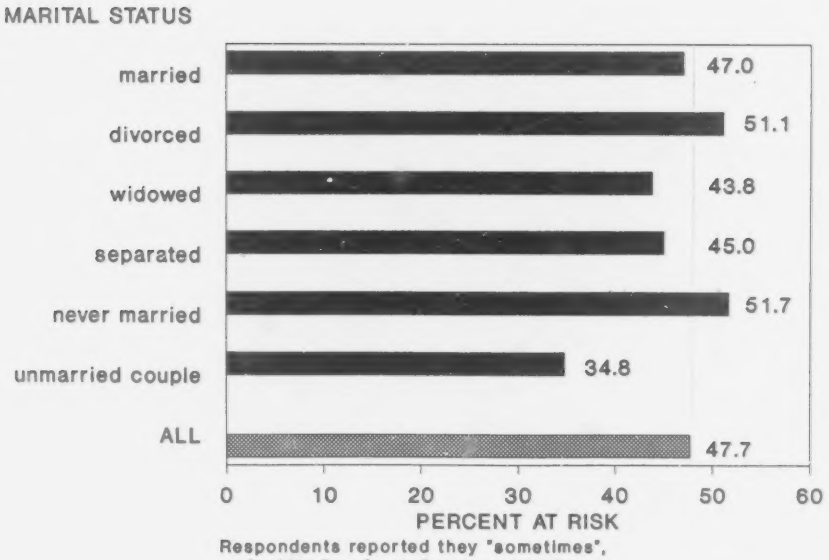
Illinois BRFS data 1984 - 1986



Respondents reported they "sometimes", "seldom" or "never" use seat belts.

SEAT BELTS BY MARITAL STATUS

Illinois BRFS data 1984 - 1986



Respondents reported they "sometimes", "seldom" or "never" use seat belts.

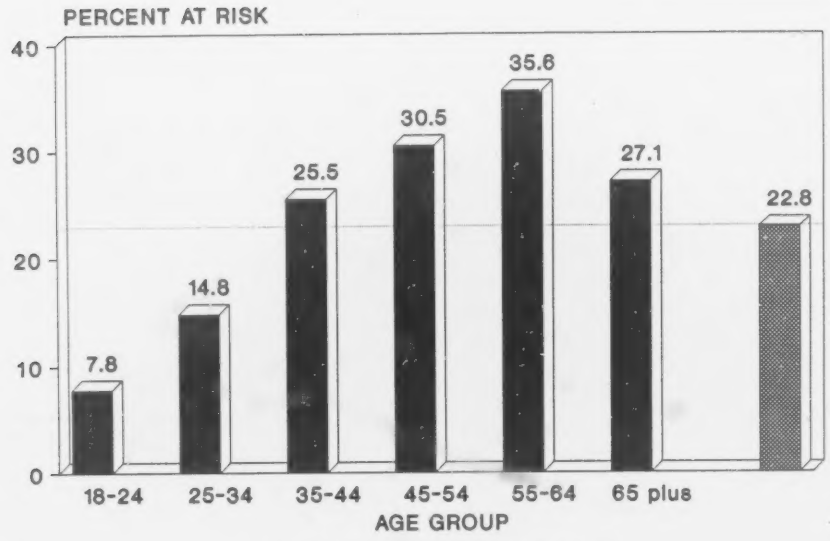
Obesity

The Centers for Disease Control defines obesity as being 20 percent or more above "ideal weight" according to the 1959 Metropolitan Life Insurance height-weight tables. All respondents were compared to recommended weight for a medium frame individual of their reported height.

The prevalence of obesity among Illinois adults is 22.8 percent. All groups above the age of 34 are at greater risk of obesity than the state's prevalence. There is a negative correlation between obesity with both higher education level and increasing household income.

OBESITY BY AGE GROUPS

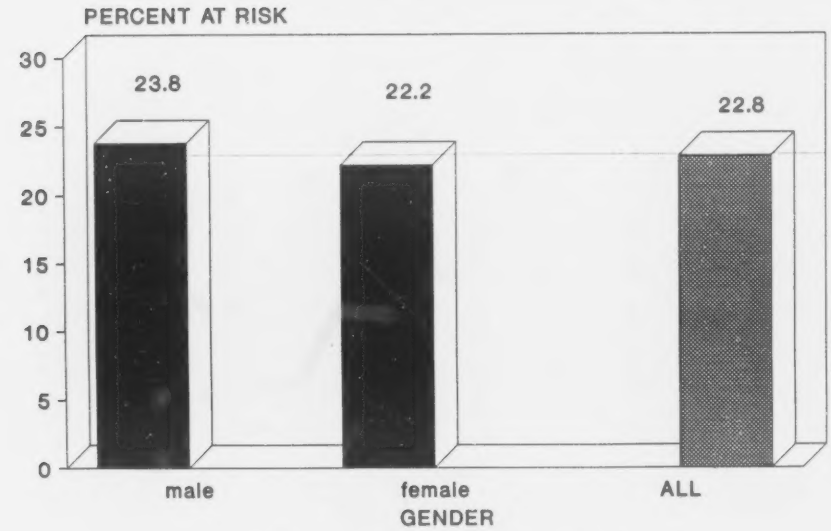
Illinois BRFS data 1984 - 1986



Respondent at or above 120% of ideal weight.

OBESITY BY GENDER

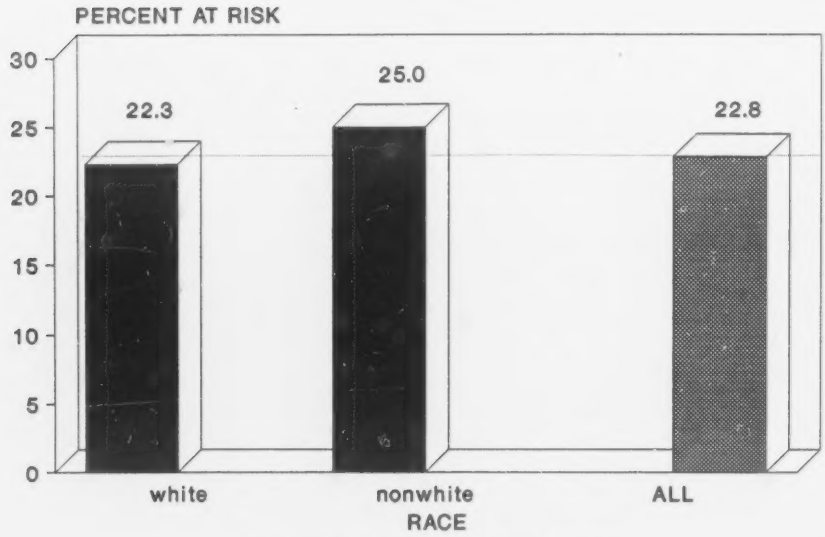
Illinois BRFS data 1984 - 1986



Respondent at or above 120% of ideal weight.

OBESITY BY RACE

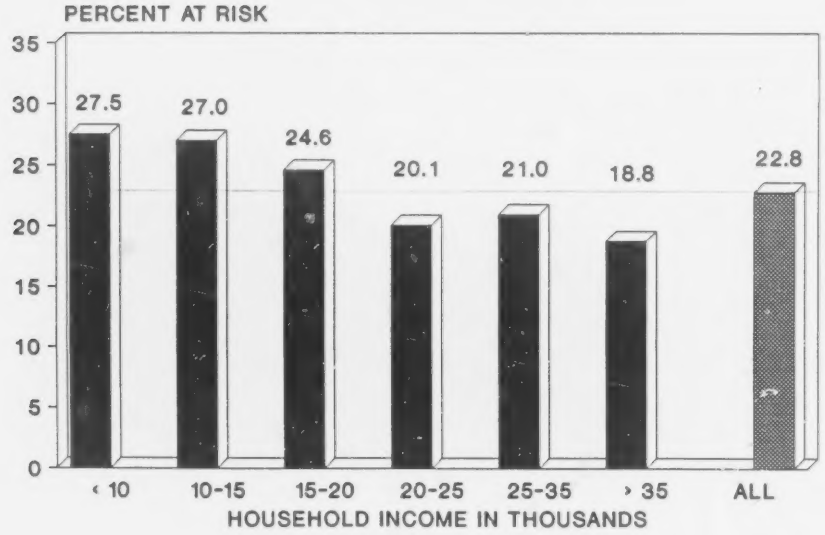
Illinois BRFS data 1984 - 1986



Respondent at or above 120% of ideal weight.

OBESITY BY HOUSEHOLD INCOME

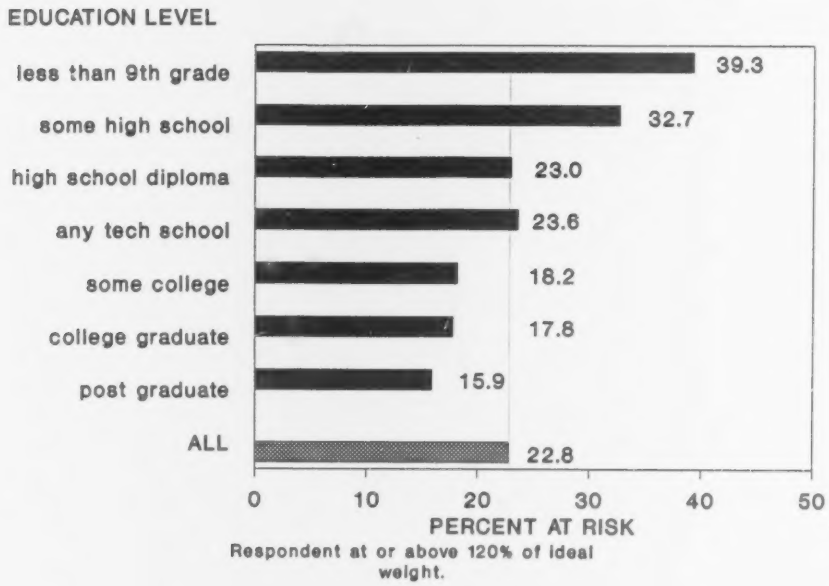
Illinois BRFS data 1984 - 1986



Respondent at or above 120% of ideal weight.

OBESITY BY EDUCATION LEVEL

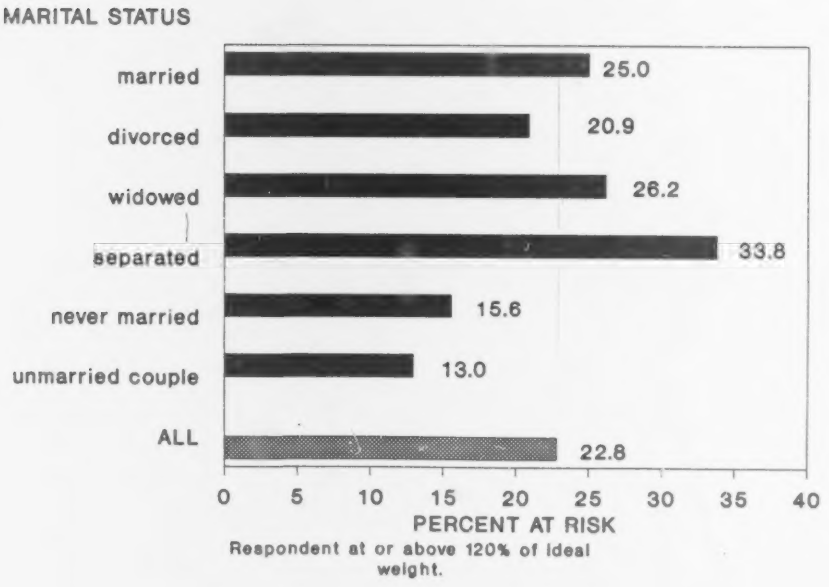
Illinois BRFS data 1984 - 1986



Respondent at or above 120% of ideal weight.

OBESITY BY MARITAL STATUS

Illinois BRFS data 1984 - 1986



Respondent at or above 120% of ideal weight.

Sedentary Lifestyle

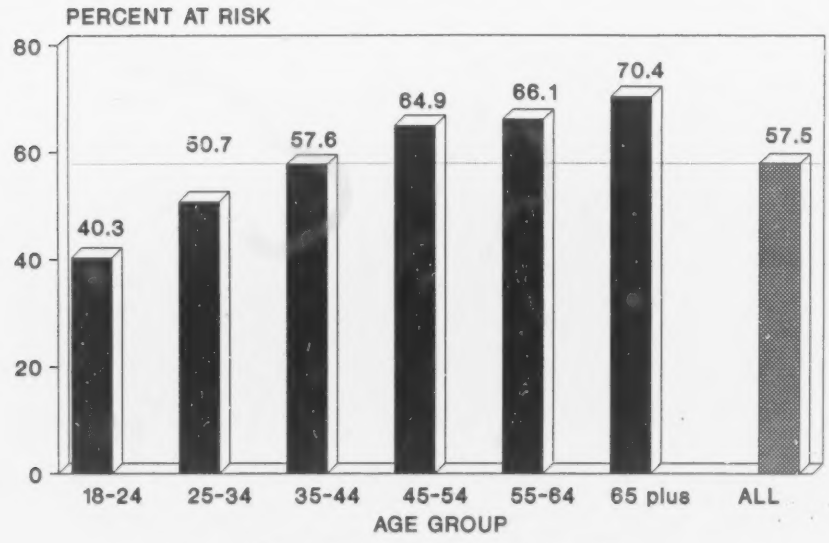
Physical activity or exercise is an important component of a healthy lifestyle. Those who exercise regularly often can improve cardiovascular endurance, muscular strength, flexibility and weight control.

BRFS respondents that report no physical activity or engaging in an activity less than 20 minutes or less than three times a week are included in the "at risk" category of sedentary lifestyle. Among Illinois adults, 57.8 percent are in the "at risk" category. Almost three out of five adults need more exercise.

There is a positive correlation between sedentary lifestyle and age. There is a weak negative correlation between sedentary lifestyle and increased education level.

SEDENTARY LIFESTYLE BY AGE GROUPS

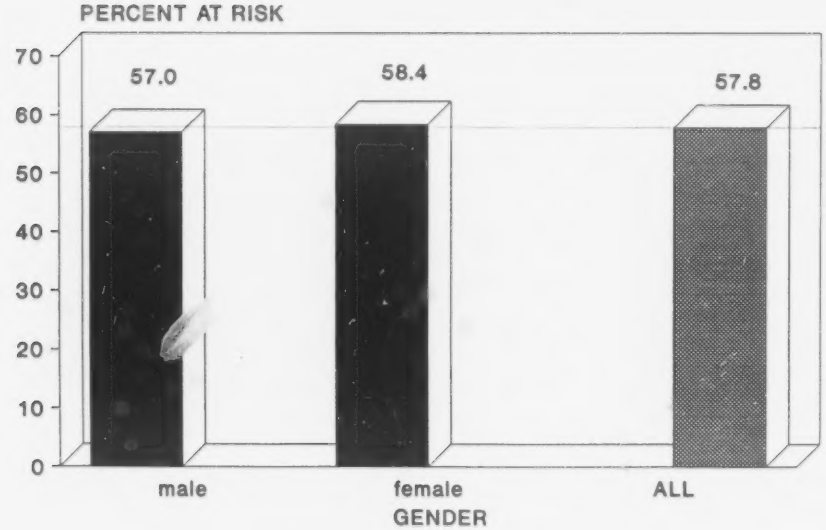
Illinois BRFS data 1984 - 1986



Respondents at sedentary or irregular activity level.

SEDENTARY LIFESTYLE BY GENDER

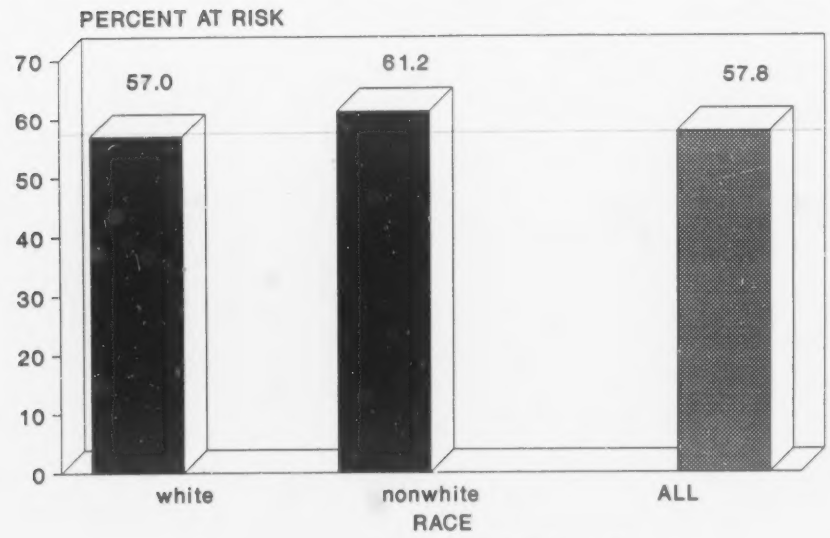
Illinois BRFS data 1984 - 1986



Respondents at sedentary or irregular activity level.

SEDENTARY LIFESTYLE BY RACE

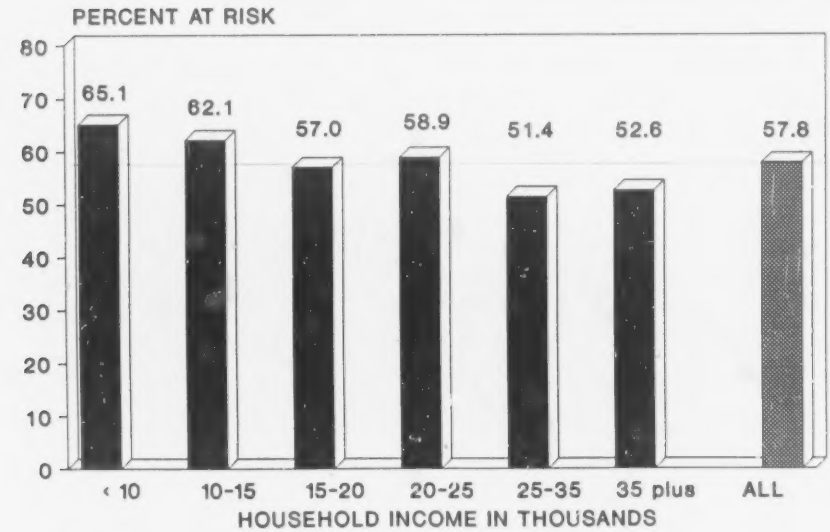
Illinois BRFS data 1984 - 1986



Respondents at sedentary or irregular activity level.

SEDENTARY LIFESTYLE BY HOUSEHOLD INCOME

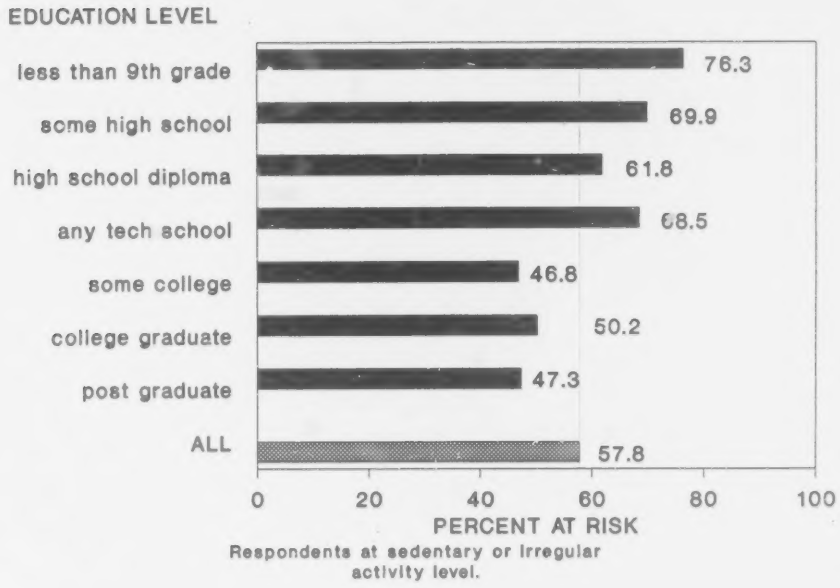
Illinois BRFS data 1984 - 1986



Respondents at sedentary or irregular activity level.

SEDENTARY LIFESTYLE BY EDUCATION LEVEL

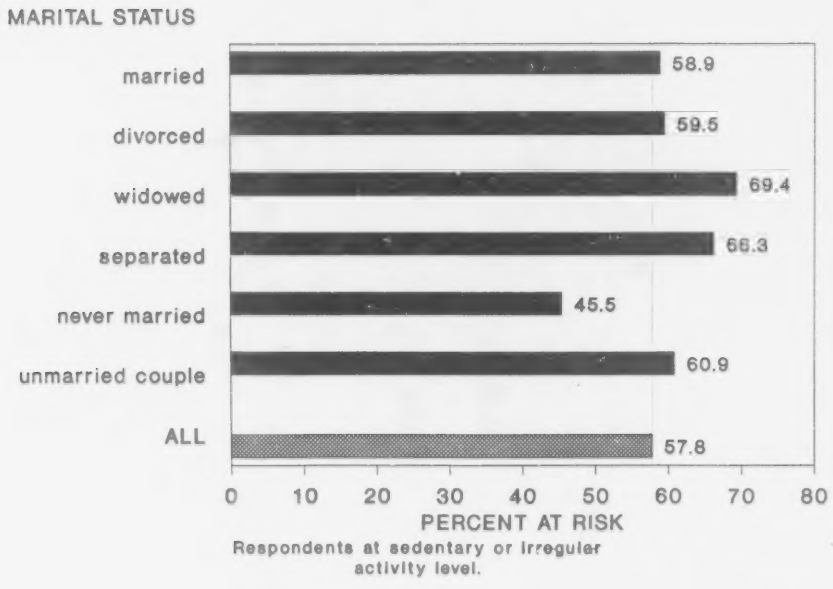
Illinois BRFS data 1984 - 1986



Respondents at sedentary or irregular activity level.

SEDENTARY LIFESTYLE BY MARITAL STATUS

Illinois BRFS data 1984 - 1986



Respondents at sedentary or irregular activity level.

Survey Results

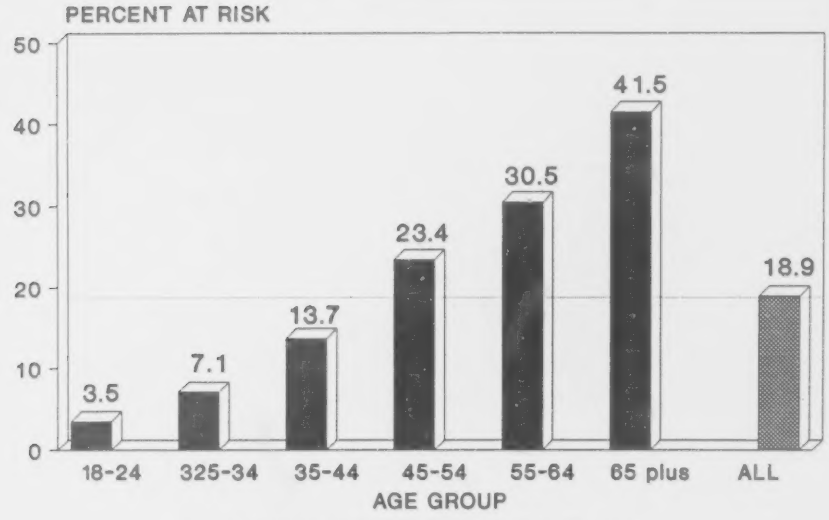
Hypertension

Cardiovascular disease is the leading cause of death among Illinoisans. Hypertension is a major risk factor for both heart disease and stroke. Several survey questions sought to determine the prevalence of hypertension. The National Heart, Lung and Blood Institute has defined "current hypertensives" as "those individuals who have been told on more than one occasion that their blood pressure was high, or are taking hypertension medication, or report their blood pressure is still high." Based on these criteria, 18.9 percent of the Illinois adult population was identified as current hypertensives.

More females (20.6 percent) than males (16.3 percent) were identified as current hypertensives. Higher rates of hypertension were observed in lower income groups. There was a positive correlation between hypertension and age.

HYPERTENSION BY AGE GROUPS

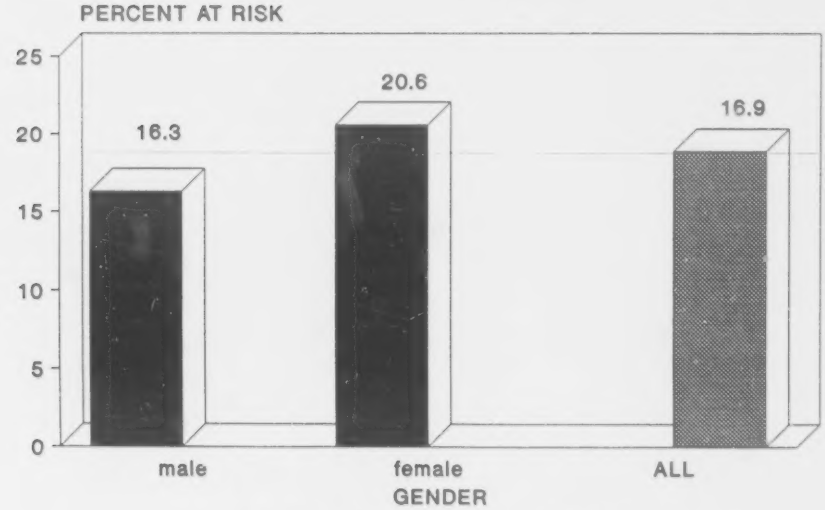
Illinois BRFS data 1984 - 1986



Respondents who report they have been told their BP is high more than once, or on BP medication or BP is still high.

HYPERTENSION BY GENDER

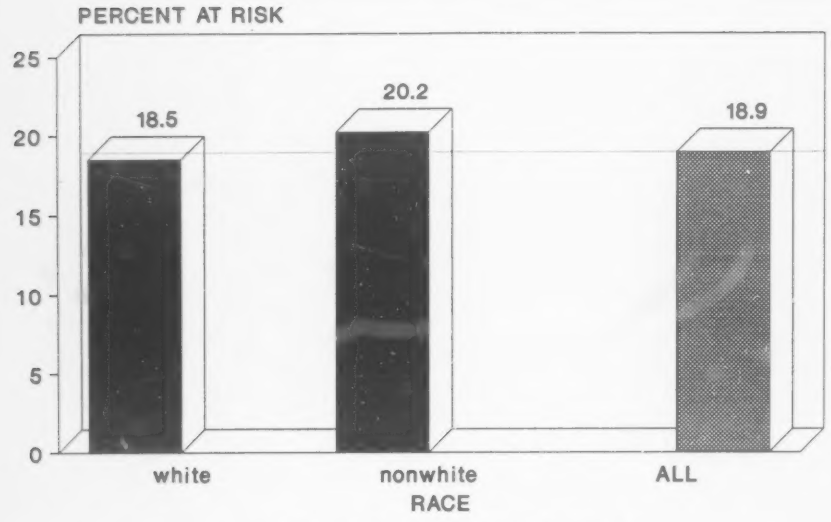
Illinois BRFS data 1984 - 1986



Respondents who report they have been told their BP is high more than once, or on BP medication or BP is still high.

HYPERTENSION BY RACE

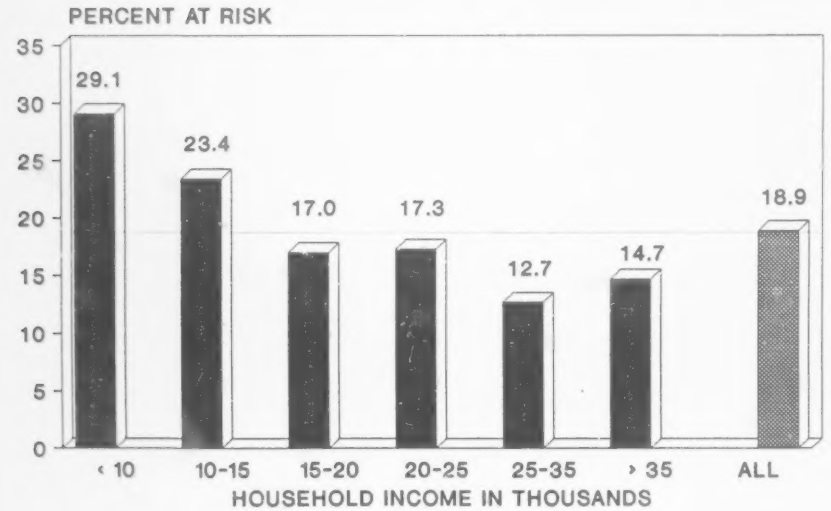
Illinois BRFS data 1984 - 1986



Respondents who report they have been told their BP is high more than once, or on BP medication or BP is still high.

HYPERTENSION BY HOUSEHOLD INCOME

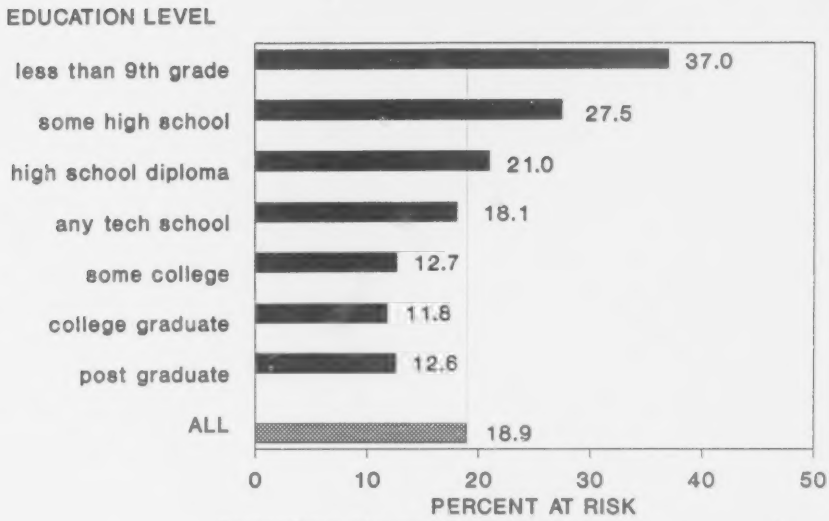
Illinois BRFS data 1984 - 1986



Respondents who report they have been told their BP is high more than once, or on BP medication or BP is still high.

HYPERTENSION BY EDUCATION LEVEL

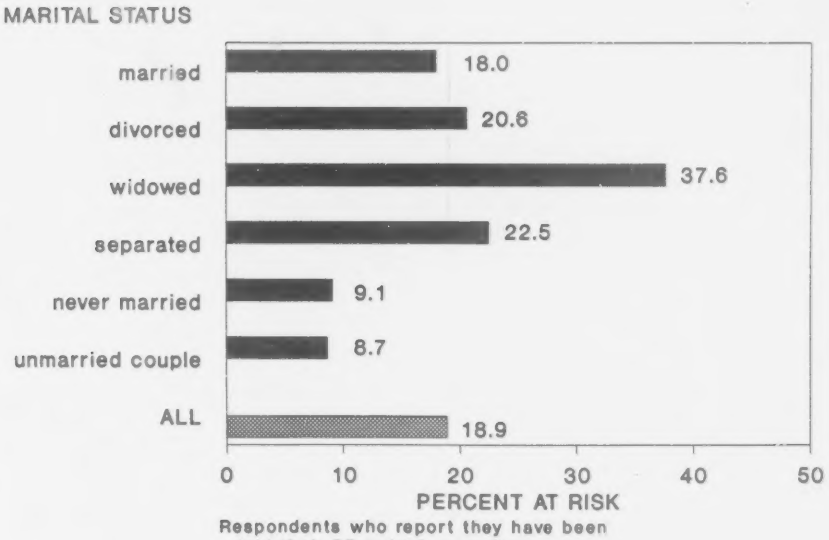
Illinois BRFS data 1984 - 1986



Respondents who report they have been told their BP is high more than once, or on BP medication or BP is still high.

HYPERTENSION BY MARITAL STATUS

Illinois BRFS data 1984 - 1986



Respondents who report they have been told their BP is high more than once, or on BP medication or BP is still high.

Alcohol Use

The abuse of alcohol has considerable impact on the health of Illinoisans. Alcohol abuse contributes to many causes of death such as homicide, suicide, motor vehicle injuries, cirrhosis, fetal alcohol syndrome and more.

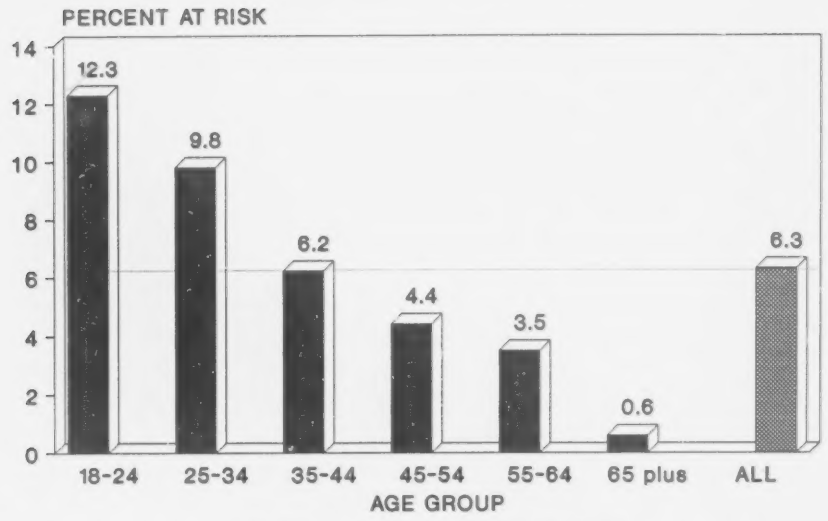
Drinking and Driving

Half of all fatal traffic accidents in the United States involve a drinking driver or pedestrian. Respondents were classified as drinking drivers when they reported having driven after having too much to drink one or more times in the past month.

Based on the data from 1984 to 1986, 6.3 percent of Illinois adults are drinking drivers. There is a strong correlation between drinking and driving with increasing age. Also of interest is the reduced prevalence among the marital status groups of married (3.8 percent) and widowed (1.6 percent).

DRINKING AND DRIVING BY AGE

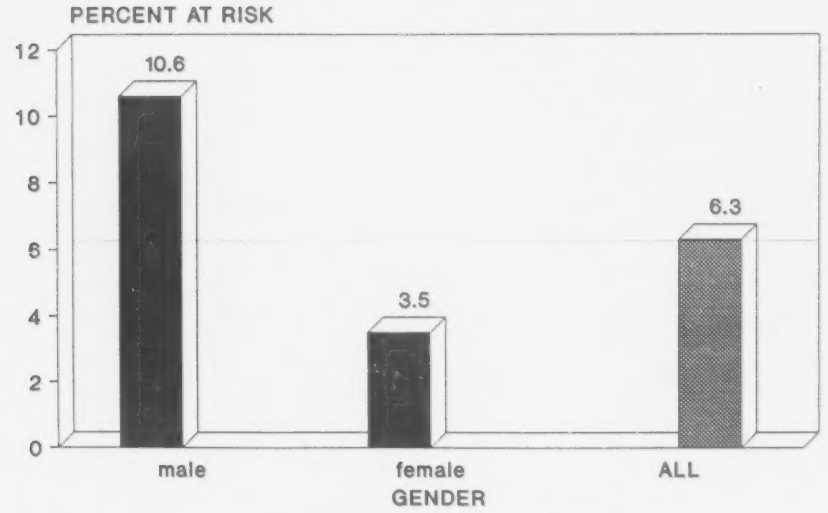
Illinois BRFS data 1984 - 1986



Respondents who report having driven after having too much to drink one or more times in the past month.

DRINKING AND DRIVING BY GENDER

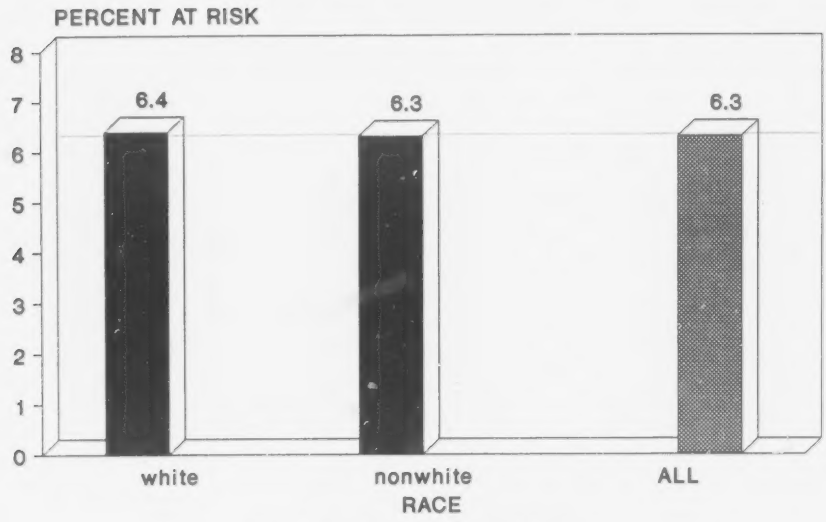
Illinois BRFS data 1984 - 1986



Respondents who report having driven after having too much to drink, one or more times in the last month.

DRINKING AND DRIVING BY RACE

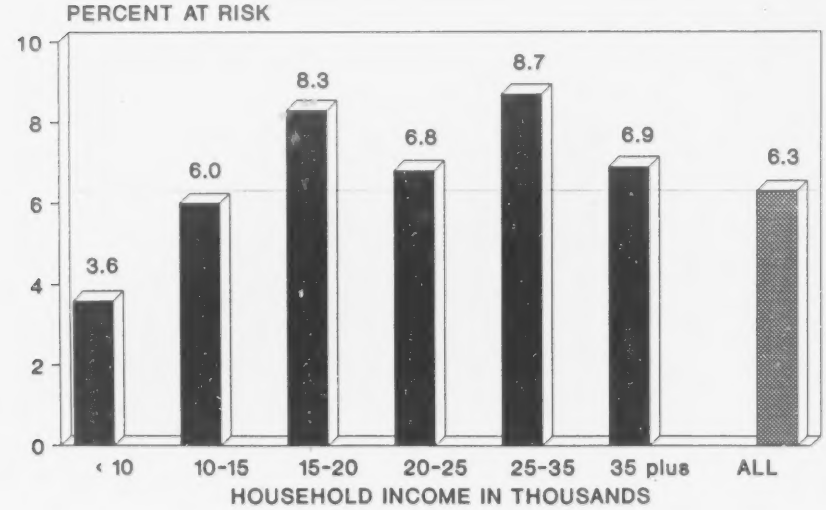
Illinois BRFS data 1984 - 1986



Respondents who report having driven after having too much to drink, one or more times in the past month.

DRINKING AND DRIVING BY HOUSEHOLD INCOME

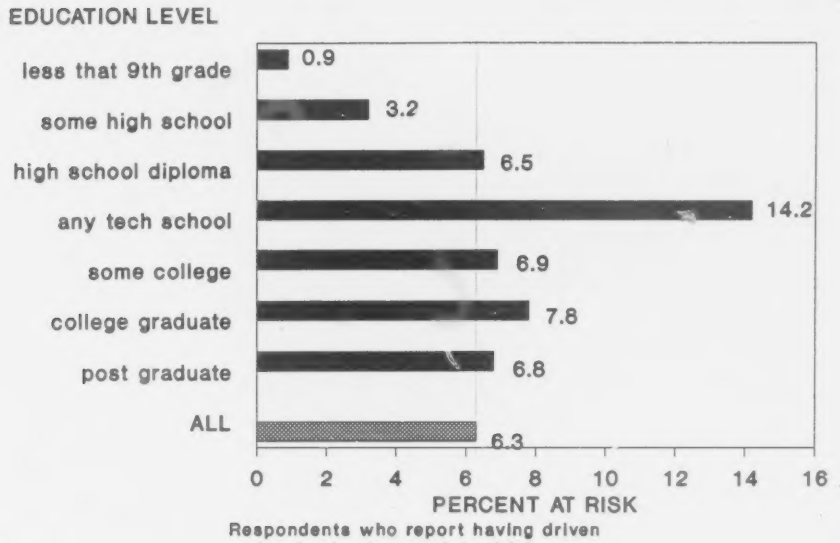
Illinois BRFS data 1984 - 1986



Respondents who report having driven after having too much to drink, one or more times in the past month.

DRINKING AND DRIVING BY EDUCATION LEVEL

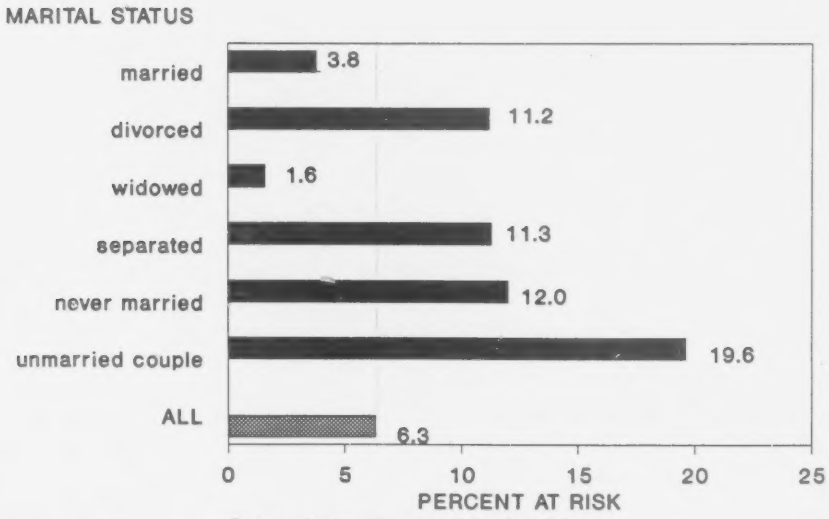
Illinois BRFS data 1984 - 1986



Respondents who report having driven after having too much to drink, one or more times in the past month.

DRINKING AND DRIVING BY MARITAL STATUS

Illinois BRFS data 1984 - 1986

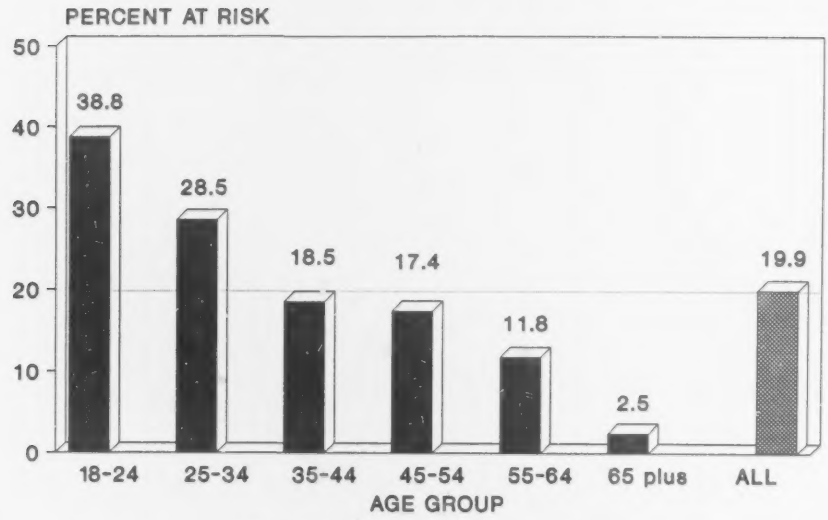


Respondents who report having driven after having too much to drink, one or more times in the past month.

Acute Drinking

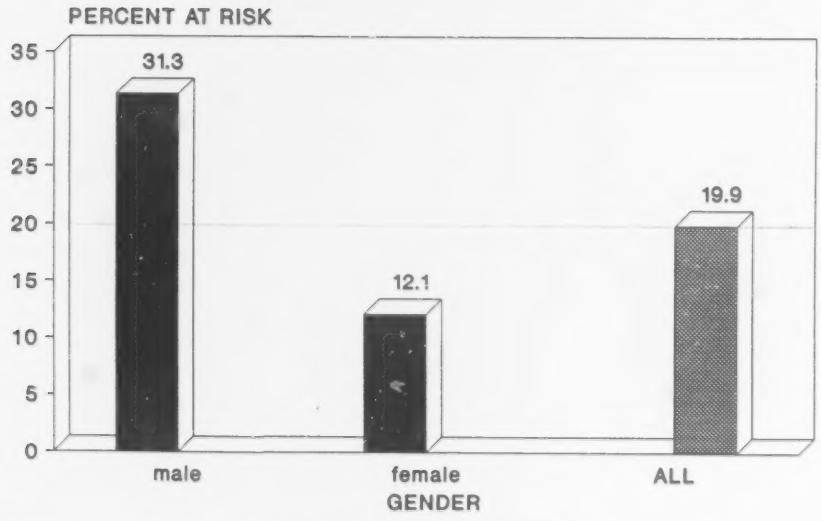
Acute drinking is defined as consuming five or more alcoholic drinks on an occasion at least once during the past month. The prevalence of acute drinking in Illinois is 19.9 percent. Males (31.3 percent) are more likely to be at risk of acute drinking than females (12.1 percent). People that have never married (33.2 percent) or a member of an unmarried couple (39.1 percent) are more likely to be at risk for acute drinking than people that are separated (25.0 percent) or divorced (22.7 percent). However, persons that are married (16.9 percent) or widowed (5.7 percent) are less likely to be included in this risk category.

ACUTE DRINKING BY AGE
Illinois BRFS data 1984 -1986



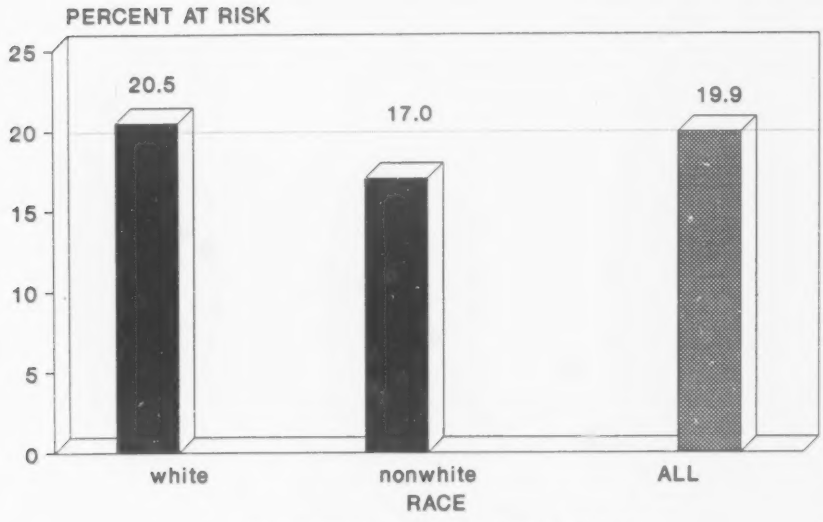
Respondents who report having five or more drinks on an occasion at least once in the last month.

ACUTE DRINKING BY GENDER
Illinois BRFS data 1984 - 1986



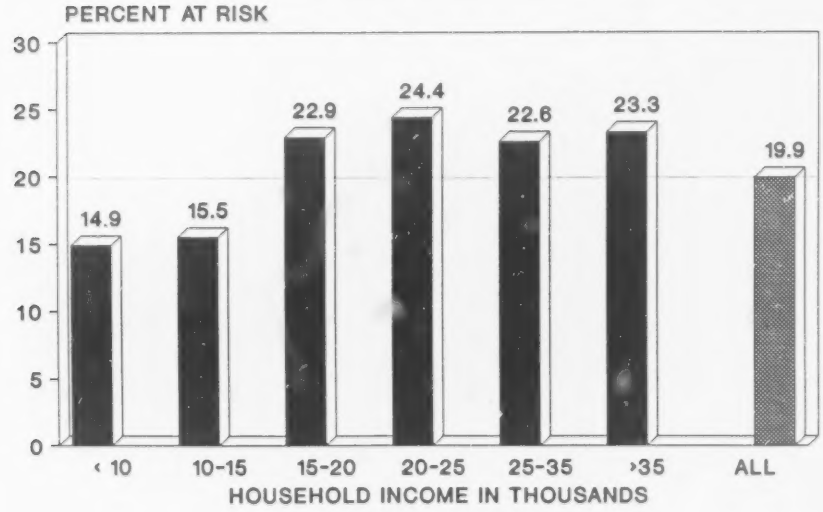
Respondents who report having five or more drinks on an occasion at least once during the past month.

ACUTE DRINKING BY RACE
Illinois BRFS data 1984 - 1986



Respondents who report having five or more drinks on an occasion at least once in the last month.

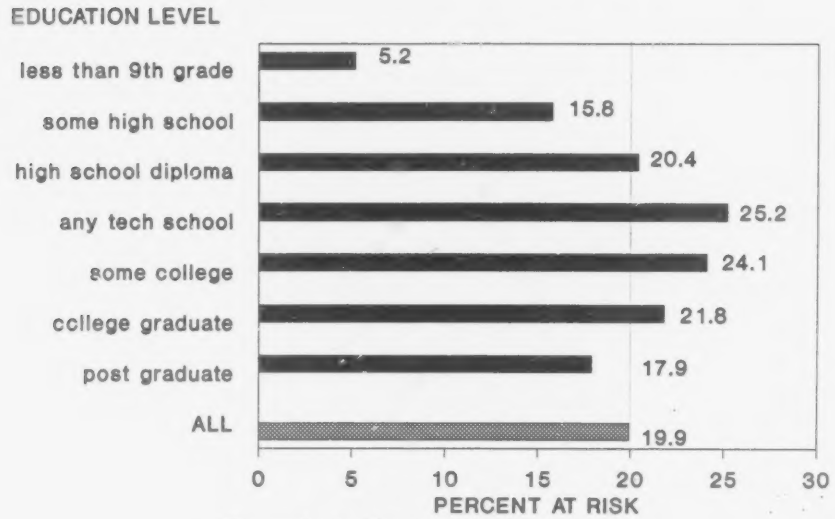
ACUTE DRINKING BY HOUSEHOLD INCOME
Illinois BRFS data 1984 - 1986



Respondents who report having five or more drinks on an occasion at least once during the last month.

ACUTE DRINKING BY EDUCATION LEVEL

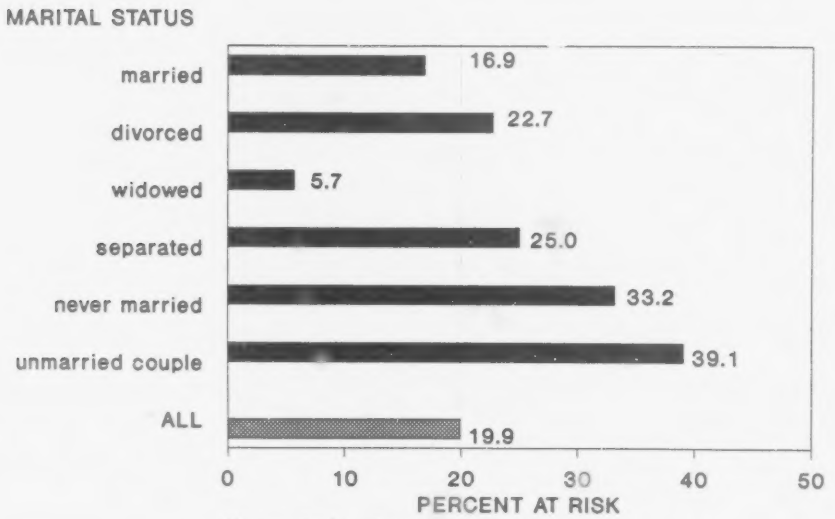
Illinois BRFS data 1984 - 1986



Respondents who report having five or more drinks on an occasion at least once in the last month.

ACUTE DRINKING BY MARITAL STATUS

illinois BRFS data 1984 - 1986



Respondents who report having five or more drinks on an occasion at least once in the past month.

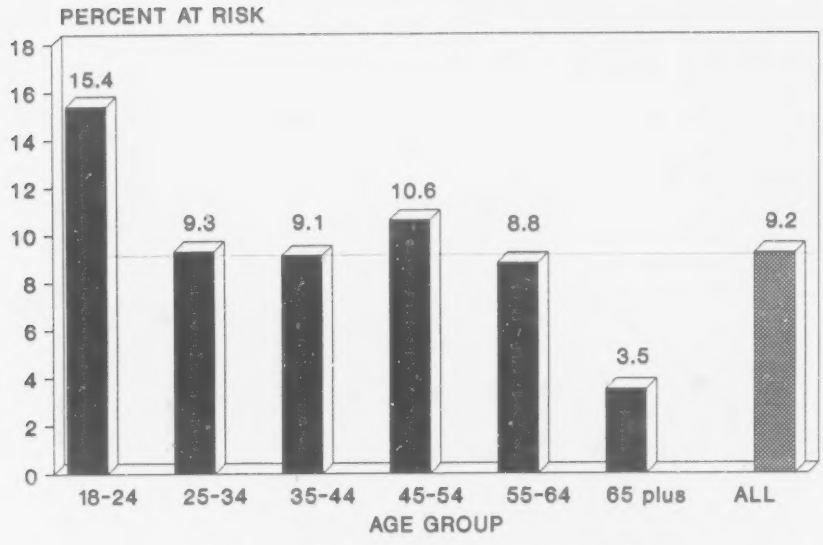
Chronic Drinking

Chronic drinking is defined as consuming 60 or more drinks per month. The prevalence of chronic drinking among Illinois adults is (9.2 percent).

Chronic drinking is highest in the 18-24 year old age group (15.4 percent). As in acute drinking, males (16.2 percent) are more likely to be at risk for chronic drinking than females (4.3 percent). People who are members of an unmarried couple have the highest percentage of chronic drinking in the marital status groups. But again, the prevalence of chronic drinking among married (7.3 percent) or widowed (4.9 percent) was lower than that of other groups. There is a positive correlation between chronic drinking and increasing amounts of household income.

CHRONIC DRINKING BY AGE

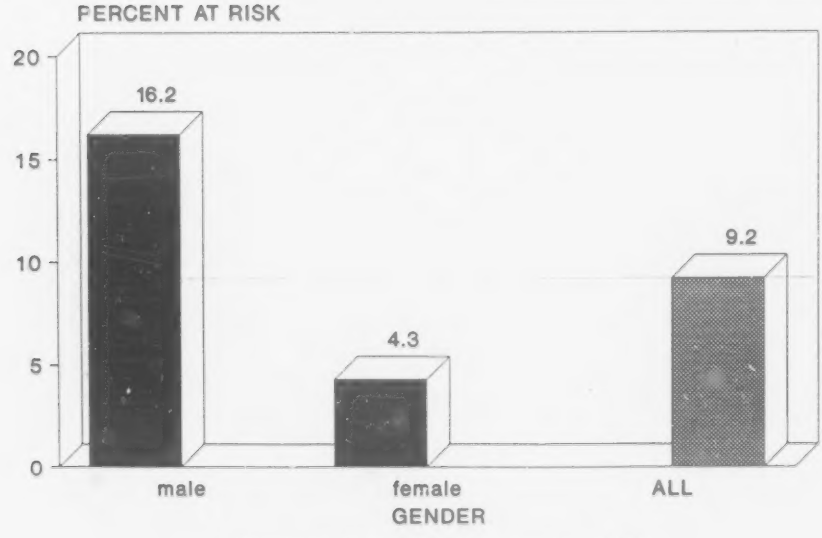
Illinois BRFS data 1984 - 1986



Respondents who report an average of 60 or more alcoholic drinks a month.

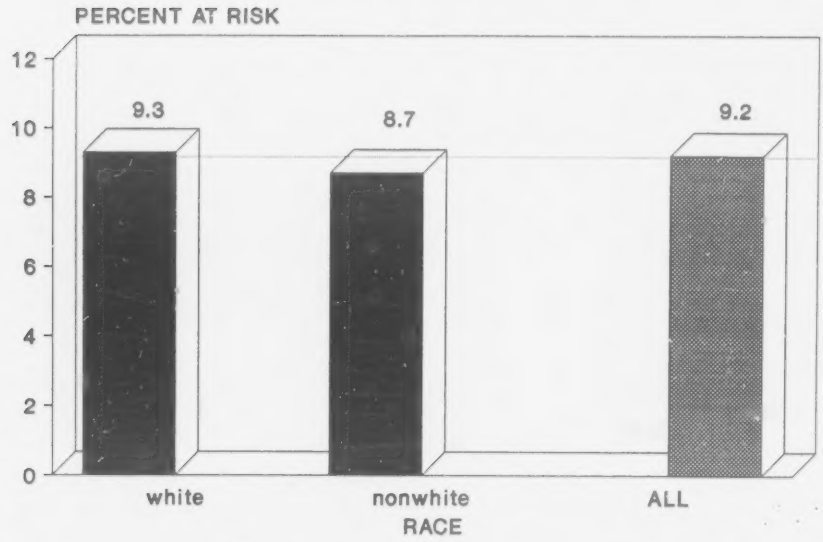
CHRONIC DRINKING BY GENDER

Illinois BRFS data 1984 - 1986



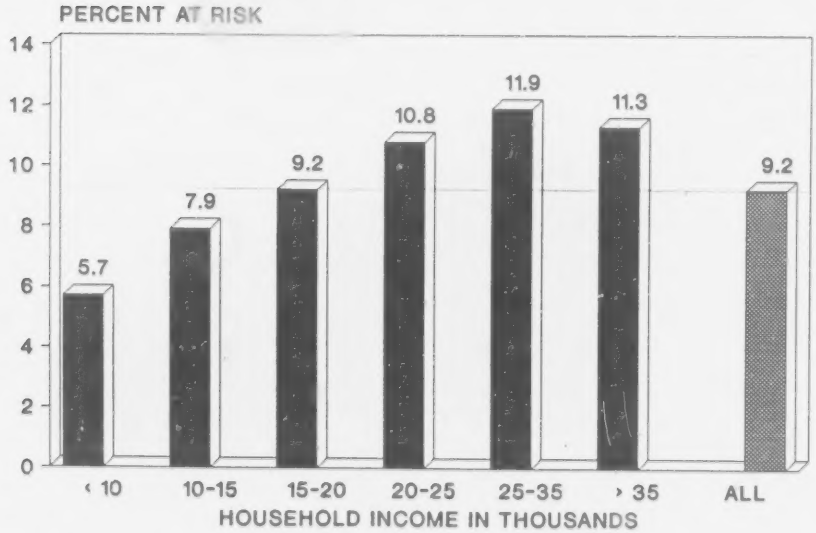
Respondents who report an average of 60 or more alcoholic drinks a month.

CHRONIC DRINKING BY RACE
Illinois BRFS data 1984 - 1986



Respondents who report an average of 60 or more alcoholic drinks a month.

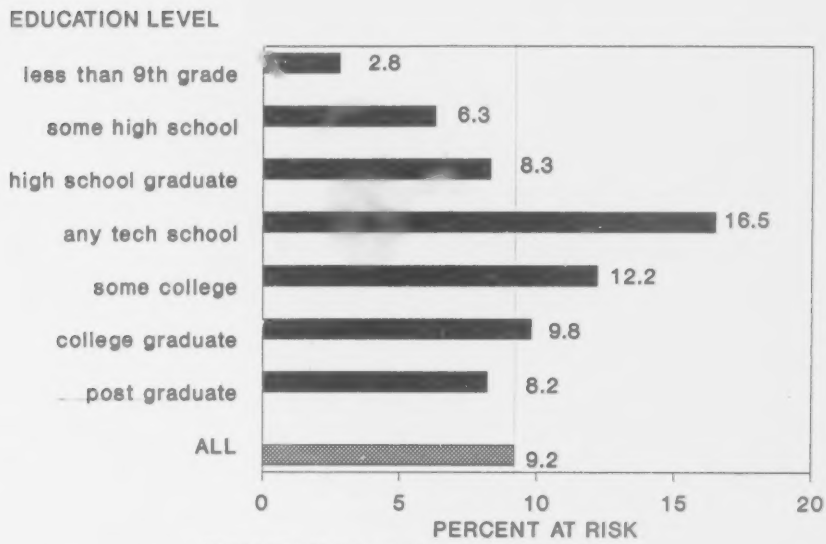
CHRONIC DRINKING BY HOUSEHOLD INCOME
Illinois BRFS data 1984 - 1986



Respondents who report an average of 60 or more alcoholic drinks a month.

CHRONIC DRINKING BY EDUCATION LEVEL

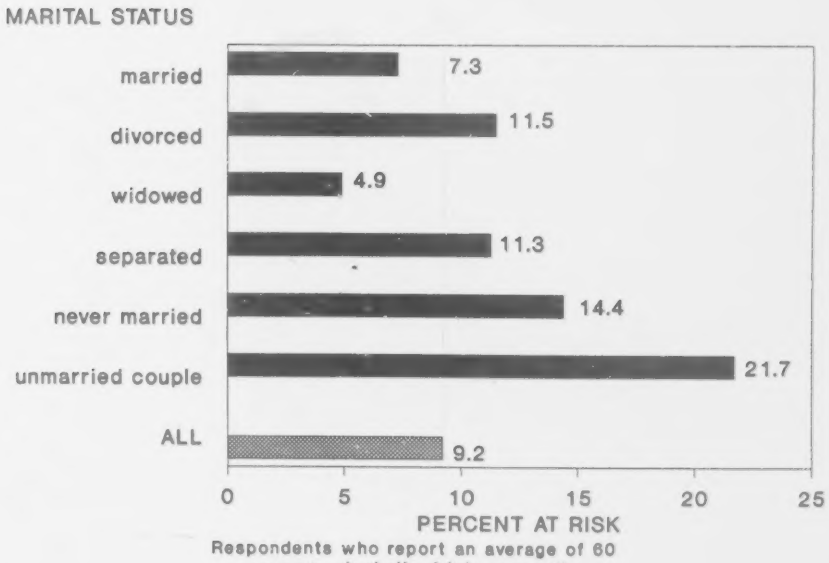
Illinois BRFS data 1984 - 1986



Respondents who report an average of 60 or more alcoholic drinks a month.

CHRONIC DRINKING BY MARITAL STATUS

Illinois BRFS data 1984 - 1986



Respondents who report an average of 60 or more alcoholic drinks a month.

Summary

This report presents data useful in establishing a baseline for behavioral risk factor prevalence in Illinois. Both baseline data and surveillance information are essential for developing and evaluating program efforts. By targeting specific behaviors for risk reduction activities program planners can use the BRFS to help evaluate the effectiveness of intervention strategies. The set of core questions developed by CDC and retained in each year's questionnaire provides the basis for ongoing surveillance of specific risk factors.

Information about these behavioral risk factors is essential as we develop statewide health objectives for the year 2000. Measurable objectives for Illinois will need to be established in conjunction with the development of national objectives. The BRFS provides an important measure against which our progress in achieving the objectives can be measured.

PREVELANCE OF BEHAVIORAL RISK FACTORS

Illinois BRFS data 1984 - 1986

	DEMOGRAPHICS	ACUTE DRINKING	CHRONIC DRINKING	DRINKING DRIVING	HYPERTENSION	OBESITY	SEATBELTS	SEDENTARY LIFESTYLE	SMOKING
AGE									
18-24	12.8	38.8	16.4	12.3	3.5	7.8	56.7	40.3	28.7
25-34	24.8	28.5	9.3	9.8	7.1	14.8	47.7	50.7	34.0
35-44	19.9	18.5	9.1	6.2	13.7	25.5	45.9	57.6	32.5
45-54	11.9	17.4	10.6	4.4	23.4	30.5	50.7	64.9	35.1
55-64	14.0	11.8	8.8	3.5	30.5	35.6	47.8	66.1	27.5
65 plus	16.6	2.5	3.5	0.6	41.5	35.6	40.7	70.4	16.6
GENDER									
male	40.5	31.3	16.2	10.6	16.3	23.8	51.4	57.0	31.5
female	59.5	12.1	4.3	3.5	20.6	22.2	45.2	58.4	27.9
RACE									
white	81.0	20.5	9.3	6.4	18.5	22.3	47.0	57.0	29.1
nonwhite	18.9	17.0	8.7	6.3	20.2	25.0	50.9	61.2	30.5
INCOME									
$10,000	16.0	14.9	5.7	3.6	29.1	27.5	52.1	65.1	32.7
$10 - $15,000	13.6	15.5	7.9	6.0	23.4	27.0	50.6	62.1	27.0
$15 - $19,999	13.7	22.9	9.2	8.3	17.0	24.6	47.0	57.0	29.6
$20 - $24,999	11.4	24.4	10.8	6.8	17.3	20.1	51.6	58.9	30.9
$25 - $34,999	16.3	22.6	11.9	8.7	12.7	21.0	47.8	51.4	31.3
$35,000	20.3	23.3	11.3	6.9	14.7	18.8	43.8	52.6	27.2
EDUCATION									
9th	6.8	5.2	2.8	0.9	37.0	39.3	54.0	76.3	18.5
some HS	11.3	15.8	6.3	3.2	27.5	32.7	49.3	69.9	34.1
HS grad	32.8	20.4	8.3	6.5	21.0	23.0	53.3	61.8	35.7
any tech school	4.1	25.2	16.5	14.2	18.1	23.6	40.9	68.5	38.6
some college	23.5	24.1	12.2	6.9	12.7	18.2	49.1	46.8	28.7
college grad	14.6	21.8	9.8	7.8	11.8	17.8	36.4	50.2	20.7
post grad	6.7	17.9	8.2	6.8	12.6	15.9	36.2	47.3	17.9
MARITAL									
married	52.9	16.9	7.3	3.8	18.0	25.0	47.0	58.9	28.8
divorced	10.4	22.7	11.5	11.2	20.6	20.9	51.1	59.5	41.7
widowed	12.5	5.7	4.9	1.6	37.6	26.2	43.8	69.4	23.6
separated	2.6	25.0	11.3	11.3	22.5	33.8	45.0	66.3	32.5
never married	20.0	33.2	14.4	12.0	9.1	15.6	51.7	45.5	27.1
unmarried couple	1.5	39.1	21.7	19.6	8.7	13.0	34.8	60.9	37.0
ALL	100.0	19.9	9.2	6.3	18.9	22.8	47.7	57.8	29.4

1986
BEHAVIORAL RISK FACTOR SURVEILLANCE SYSTEM
DATA COLLECTION INSTRUMENT

FIPS STATE CODE	STRATUM CODE	PSU NUMBER	RECORD NUMBER	DATE OF INTERVIEW MM DD YY	INTERVIEWER ID
(1-2)	(3)	(4-7)	(8)	(9-14)	(15-16)

HELLO. I'm _____ calling for the _____ _____.
We're doing a study of the health practices of _____ residents.

Your number has been chosen randomly by the _____ _____ to be included in the study, and we would like to ask some questions about things people do which may affect their health.

1. Is this Area Code (17-19) Prefix (20-22) Suffix (23-24)

YES -> GO TO QUESTION 2

NO -> Thank you very much, but I seem to have dialed the wrong number. It is possible that your number may be called at a later time. STOP

2. Is this a private residence?

YES -> GO TO PAGE 2

NO -> Thank you very much, but we are only interviewing in private residences. STOP

Refusal Information _____

FINAL DISPOSITION OF TELEPHONE CALL [ ][ ] (25-26)

01- Completed Interview
02- Refused Interview
03- Non-working Number
04- No Answer (multiple tries)
05- Business Phone
06- No Eligible Respondent at this number
07- No Eligible Respondent could be reached during time period
08- Language barrier prevented completion of interview
09- Interview terminated within questionnaire
10- Line busy (multiple tries)
11- Selected respondent unable to respond because of physical or mental impairment

Edited by: _____ Date: _____

Our study requires that we interview only one person who lives in your household.

---

1. How many members of your houshold, including yourself, are 18 years of age or older? ☐☐ (27)

IF ONE PERSON HOUSEHOLD
GO TO ALL RESPONDENTS

2. How many are men and how many are women? Men ☐☐ (28) Women ☐☐ (29)

3. Who is the oldest man/woman who presently lives in this household?

4. Who is the next oldest man/woman who presently lives in this household?

INTERVIEWER: ORDER OF LISTING IS ALL MEN FIRST, OLDEST TO YOUNGEST THEN ALL WOMEN, OLDEST TO YOUNGEST.

Resident Number	Name/Relationship	LAST DIGIT OF TELEPHONE # 0	1	2	3	4	5	6	7	8	9	Resident Number
1		1	1	1	1	1	1	1	1	1	1	1
2		2	1	2	1	2	1	2	1	2	1	2
3		3	1	2	3	1	2	3	1	2	X	3
4		1	2	3	4	1	2	3	4	X	X	4
5		2	3	4	5	1	2	3	4	5	1	5
6		5	6	1	2	3	4	X	X	X	X	6
7		2	3	4	5	6	7	1	X	X	X	7
8		8	1	2	3	4	5	6	7	X	X	8

The person in your household that I need to speak with is _____

INTERVIEWER: IF RESPONDENT IS NOT HOME, TRY TO ARRANGE TIME FOR CALLBACK

CALLBACK: _____ (Date) _____ (Time)

IF SCREENING WAS NOT DONE WITH RESPONDENT

Hello. I'm (Name of Interviewer) calling for the (Agency). I'm a member of a special research team. We're doing a study of (State) residents regarding their health practices and day-to-day living habits. You have been randomly chosen to be included in the study from among the adult members of your household.

ALL RESPONDENTS

The interview will take about 10 minutes or perhaps a little less and all the information obtained in this study will be confidential.

Your name will not be used, but your responses will be grouped together with information from others participating in the study.

Of course, your part is voluntary and you can end the interview anytime you like. First, I'd like to begin by asking you about using seatbelts.....

SECTION A: SEATBELTS

1. How often do you use seatbelts when you drive or ride in a car?

Would you say: (PLEASE READ) (30)

a. Always 1

b. Nearly Always 2

c. Sometimes 3

d. Seldom 4

e. Never 5

Don't know/Not sure 7

Never drive or ride in a car..... 8

Refused 9

SECTION B: HYPERTENSION

These next questions are about hypertension or high blood pressure:

2. Have you ever been told by a doctor, nurse, or other health professional that you have high blood pressure?

(PROBE FOR DOCTOR, NURSE OR OTHER HEALTH PROFESSIONAL) (31)

a. No, GO TO SECTION C, PAGE 6..... 1

b. Yes, by a Doctor 2

c. Yes, by a Nurse 3

d. Yes, by other Health Professional..... 4

Do not remember/Not sure, GO TO SECTION C, PAGE 6 7

Refused, GO TO SECTION C PAGE 6 9

3. Have you been told on more than one occasion that your blood pressure was high, or have you been told this only once? (32)

a. More than once 1

b. Only once 2

Do not remember/Not sure..... 7

Refused 9

4. Is any medicine currently prescribed for your high blood pressure? (33)

a. Yes 1

b. No, GO TO Q 6, PAGE 5..... 2

Do not remember/Not sure..GO TO Q 6, PAGE 5.. 7

Refused, GO TO Q6, PAGE 5..... 9

5. Are you currently taking medicine for your high blood pressure? (34)

(Probe for "All or most of the time" or "Only occasionally" if necessary. If answer is "Yes", use "Yes, all or most of the time")

a. Yes, all or most of the time 1

b. Yes, only occasionally 2

OR

c. No 3

Do not remember/Not sure 7

Refused 9

6. Are you doing any of the following to help control your high blood pressure?

(PLEASE READ. CIRCLE APPROPRIATE ANSWER FOR EACH ITEM)

(PLEASE NOTE: "d4" IS DO NOT SMOKE)

	YES	NO	NOT SURE		REFUSED	
a. Following a low salt diet.....	1	2	7		9	(35)
b. Watching your weight.....	1	2	7		9	(36)
c. Avoiding stress, relaxing	1	2	7		9	(37)
d. Cutting down or stopping smoking.....	1	2	7	4	9	(38)
e. Following an exercise program	1	2	7		9	(39)

7. As far as you know, is your blood pressure presently normal -- or under control--or is it still high?
(PLEASE NOTE: NORMAL OR UNDER CONTROL INCLUDES "RETURNED TO NORMAL" AND "NO LONGER HAVE HIGH BLOOD PRESSURE") (40)

a. Normal..... 1

b. Under control..... 2

c. Still High 3

Don't know/Not sure..... 7

Refused 9

SECTION C: EXERCISE

The next few questions are about exercise, recreation, or physical activities other than your regular job duties.

8. During the past month, did you participate in any physical activities or exercises such as running, calisthenics, golf, gardening or walking for exercise? (41)

a. Yes, GO TO Q 10 1

b. No 2

Don't know/Not sure..... 7

Refused..... 9

9. Were there other activities or exercises that you participated in during the past month besides running, calisthenics, golf, yardwork or walking for exercise? (42)

a. Yes..... 1

b. No, GO TO SECTION D, PAGE 9..... 2

Don't know/Not sure, GO TO SECTION D, PAGE 9... 7

Refused, GO TO SECTION D, PAGE 9 9

10. What type of physical activity or exercise did you spend the most time doing during the past month? (43-44)

a. Activity ..... __ __

SEE CODING LIST A

Refused..... 99

_____
Activity

ASK QUESTION 11 ONLY IF ANSWER TO Q10 IS RUNNING, JOGGING, WALKING, OR SWIMMING, ALL OTHERS, GO TO Q 12.

---

11. How far did you usually walk/run/jog/swim? (45-47)

a. Miles and tenths ..... __ __.__

Dont't know/Not sure..... 777

(SEE CODING LIST B IF RESPONSE IS NOT IN MILES AND TENTHS)

Refused..... 999

12. How many times per week or per month did you take part in this activity during the past month? (48-50)

a. Times per week..... 1 __ __

OR

b. Times per month..... 2 __ __

Don't know/Not sure..... 777

Refused 999

13. And when you took part in this activity, for how many minutes or hours did you usually keep at it? (51-53)

a. Hours & Minutes..... __:__ __

Don't know/Not sure 777

Refused..... 999

14. Was there another physical activity or exercise that you participated in during the last month? (54)

a. Yes..... 1

b. No, GO TO SECTION D, PAGE 9..... 2

Don't know/Not sure, GO TO SECTION D, PAGE 9. 7

Refused, GO TO SECTION D, PAGE 9. 9

15. What other type of physical activity gave you the next most exercise during the past month? (55-56)

a. Activity..... ___ ___

SEE CODING LIST A

Don't know/Not sure, GO TO SECTION D, PAGE 9..... 77

_____
Activity

Refused, GO TO SECTION D, PAGE 9.... 99

ASK QUESTION 16 ONLY IF ANSWER TO Q15 IS RUNNING, JOGGING, WALKING, OR SWIMMING, ALL OTHERS GO TO Q 17

16. How far did you usually walk/run/jog/swim? (57-59)

(SEE CODING LIST B IF RESPONSE IS NOT IN MILES AND TENTHS)

a. Miles & tenths ..... __ __.__

Don't know/Not sure..... 777

Refused..... 999

17. How many times per week or per month did you take part in this activity? (60-62)

a. Times per week..... 1 __ __

OR

b. Times per month..... 2 __ __

Don't know/Not sure..... 777

Refused..... 999

18. And when you took part in this activity, for how many minutes or hours did you usually keep at it? (63-65)

a. Hours and Minutes..... __:__ __

Don't know/Not sure..... 777

Refused..... 999

SECTION D: DIET

19. About how much do you weigh without shoes? (66-68)

a. Weight ..... ___ ___ ___ Pounds

Don't know/Not sure..... 777

Refused 999

20. About how tall are you without shoes? (69-71)

a. Height..... ___ ___ ___ Ft. Inches

Don't know/Not sure..... 777

Refused..... 999

21. Are you now trying to lose weight? (72)

a. Yes..... 1

b. No, GO TO Q24, PAGE 10..... 2

Refused, GO TO Q24, PAGE 10... 9

22. Are you eating fewer calories to lose weight? (73)

a. Yes 1

b. No 2

Don't know/Not sure 7

Refused 9

23. Have you increased your physical activity to lose weight? (74)

a. Yes 1

b. No 2

Don't know/Not sure 7

Refused 9

24. How often do you usually add salt to your food at the table?

Would you say (PLEASE READ) (75)

a. Most of the time..... 1

b. Sometimes..... 2

c. Rarely..... 3

d. Never..... 4

Don't know/Not sure..... 7

Refused..... 9

SECTION E: CIGARETTE SMOKING

Now, I would like to ask you a few questions about smoking cigarettes:

25. Have you smoked at least 100 cigarettes in your life? (76)

(100 cigarettes = 5 packs)

a. Yes 1

b. No, GO TO SECTION F, PAGE 12..... 2

Don't know/Not sure..... 8

Refused 9

26. Do you smoke cigarettes now? (77)

a. Yes 1

b. No, GO TO SECTION F, PAGE 12..... 2

Refused, GO TO SECTION F, PAGE 12... 9

27. On the average, about how many cigarettes a day do you now smoke? (78-79)

(1 Pack = 20 cigarettes)

a. Number of cigarettes ..... __ __

b. Don't smoke regularly 88

Refused 99

28. Have you stopped smoking for a week or more sometime during the past year? (80)

a. Yes 1

b. No 2

Refused 9

SECTION F: SMOKELESS TOBACCO

The next questions are about smokeless tobacco, tobacco products most people call chewing tobacco or snuff.

29. Have you ever used or tried any smokeless tobacco products such as chewing tobacco or snuff? (81)

a. Yes 1

b. No, GO TO Q 33 2

Don't know/Not sure, GO TO Q 33 7

Refused, GO TO Q 33 9

30. Do you currently use any smokeless tobacco products such as chewing tobacco or snuff? (82)

a. Yes (includes occasional use) 1

b. No, GO TO Q 32 2

Don't know/Not sure, GO TO Q 33 7

Refused, GO TO Q 33 9

31. Have you stopped using smokeless tobacco for a week or more sometime during the past year? (83)

a. Yes 1

b. No 2

Occasional Use Only 3

Don't know/Not sure 7

Refused 9

32. For how long have you been using/did you use smokeless tobacco? (84-85)

a. Number of Years ..... __ __

b. Less than 1 year 8 7

c. Occasional use only/Never used regularly .. 8 9

Don't know/Not sure, ... 7 7

Refused, ... 9 9

33. Do you think using smokeless tobacco can cause any of the following?

	YES	NO	NOT SURE	REFUSED	
a. Tooth decay	1	2	7	9	(86)
b. Cancer of the mouth	1	2	7	9	(87)
c. Gum disease or mouth sores ..	1	2	7	9	(88)
d. Stained teeth	1	2	7	9	(89)

SECTION G: ALCOHOL CONSUMPTION

These next few questions are about the use of beer, wine, or liquor- all kinds of alcoholic beverages that people drink at meals, special occasions, or when just relaxing.

34. Have you had any beer, wine or liquor during the past month, that is, since _____? (90)

a. Yes 1

b. No, GO TO SECTION H, PAGE 17..... 2

Refused, GO TO SECTION H, PAGE 17. 9

35. During the past month, how many days per week or per month did you drink any beer? (91-93)

a. Days per week ..... 1 __ __

OR

b. Days per month ..... 2 __ __

c. Never or none GO TO Q 37, PAGE 15..... 888

Don't know/Not sure, GO TO Q 37, PAGE 15.. 777

Refused GO TO Q 37, PAGE 15..... 999

36. On the days when you drank beer, about how many beers did you drink on the average? (94-95)

a. Number of beers ..... __ __

Don't know/Not sure..... 77

Refused 99

37. Also, during the past month, how many days per week or per month did you drink any wine? (96-98)

a. Days per week ..... 1 __ __

OR

b. Days per month ..... 2 __ __

c. Never or none, GO TO Q 39..... 888

Don't know/Not sure, GO TO Q 39.. 777

Refused, GO TO Q 39..... 999

38. On the days when you drank wine, about how many glasses of wine did you drink on the average? (99-100)

a. Number of glasses of wine ..... __ __

Don't know/Not sure..... 77

Refused 99

39. And, during the past month, about how many days per week or per month did you have any liquor to drink, such as vodka, gin, rum or whiskey? (101-103)

a. Days per week ..... 1 __ __

OR

b. Days per month ..... 2 __ __

c. Never or none, GO TO Q 41, PAGE 16.... 888

Don't know/Not sure, GO TO Q 41, PAGE 16. 777

Refused, GO TO Q 41, PAGE 16..... 999

40. On the days when you drank any liquor, about how many drinks did you have on the average? (104-105)

a. Number of drinks ..... __ __

Don't know/Not sure..... 77

Refused 99

41. Considering all types of alcoholic beverages, that is beer, wine, and liquor, as drinks, how many times during the past month did you have 5 or more drinks on an occasion? (106-107)

a. Number of times ..... __ __

b. None..... 88

Don't know/Not sure..... 77

Refused 99

42. And during the past month, how many times have you driven when you've had <u>perhaps</u> too much to drink? (108-109)

a. Number of times ..... __ __

b. None 88

Don't know/Not sure..... 77

Refused 99

SECTION H: DEMOGRAPHICS

And finally, these last few questions ask for a little more information about yourself.

43. How old were you on your last birthday? (110-111)

a. CODE AGE IN YEARS..... ___ ___

Do not remember/Not sure 07

Refused 09

44. What is your race?

Would you say (112)

(PLEASE READ)

a. White 1

b. Black 2

c. Asian or Pacific Islander 3

d. Aleutian, Eskimo or American Indian.. 4

e. Other specify _____ 5

Do not know/Not sure 7

Refused 9

45. Are you of Hispanic origin such as Mexican American, Latin American, Puerto Rican or Cuban? (113)

a. Yes 1

b. No 2

Do not know/Not sure 7

Refused 9

46. What is the highest grade or year of school you completed? (114)

(READ ONLY IF NECESSARY)

a. Eighth Grade or Less 1

b. Some High School 2

c. High School Grad or GED Certificate 3

d. Some Technical School 4

e. Technical School Graduate 5

f. Some College 6

g. College Graduate 7

h. Post Grad or Professional Degree 8

Refused 9

47. Are you currently: (PLEASE READ) (115)

a. Employed for wages 1

b. Self employed..... 2

c. Out of work for more than 1 year 3

d. Out of work for less than 1 year 4

e. Homemaker..... 5

f. Student..... 6

OR

g. Retired 7

Refused 9

48. And are you: (PLEASE READ) (116)

a. Married 1

b. Divorced 2

c. Widowed 3

d. Separated 4

e. Never been married 5

OR

f. A member of an unmarried couple 6

Refused 9

49. Which of the following categories best describes your annual household income from all sources? (PLEASE READ) (117)

a. Less than $10,000..... 1

b. $10 to $15,000..... 2

c. $15 to $20,000..... 3

e. $20 to $25,000..... 4

e. $25 to $35,000..... 5

f. $35 - 50,000..... 6

OR

g. Over 50,000..... 8

Don't know/Not sure..... 7

Refused..... 9

50. INTERVIEWER: INDICATE SEX OF RESPONDENT (118)

(ASK IF NECESSARY)

a. Male 1

b. Female 2

INTERVIEWER: ASK THIS QUESTION ONLY TO FEMALES BETWEEN 18 and 45, OTHERWISE, GO TO Q 52

51. To your knowledge, are you now pregnant? (119)

a. Yes 1

b. No 2

Don't know/Not sure..... 7

Refused 9

52. Are there any other telephone numbers which can be used to reach this household?

a. Yes, GO TO Q 53

b. No, CODE COLUMN 121, Q 53 AS "1" AND READ CLOSING STATEMENT

53. How many telephone numbers will reach this household including the number I used today?

(DIFFERENTIATE BETWEEN TELEPHONE NUMBERS AND TELEPHONE SETS IF NECESSARY. INCLUDE ALL TELEPHONE NUMBERS THAT CAN REACH HOUSEHOLD) (120)

Total Telephone Numbers ..... _____

CLOSING STATEMENT

This concludes this interview. Again, the information will be kept strictly confidential and will be used only for routine statistical research purposes. Thank you for your assistance. We greatly appreciate your time and cooperation.